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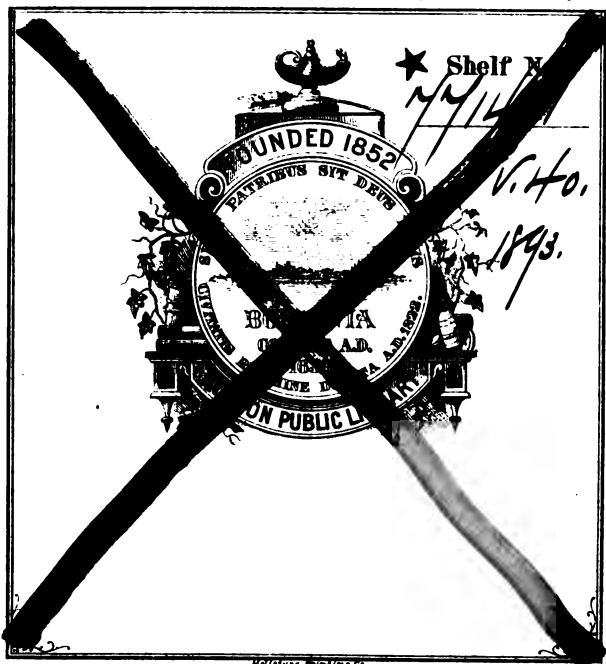
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HALL'S JOURNAL of HEALTH

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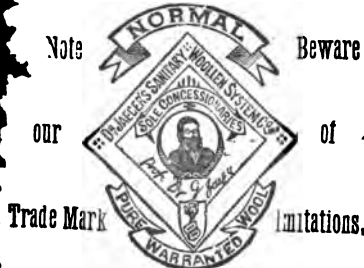
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HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

Vol. 40.

JANUARY, 1898.

No. 1.

THE ~~NEW~~ YEAR.

Once more "I stand aside to let the phantoms of the past go by me." Such is substantially the opening of one of a series of retrospects, which the inimitable Dickens wove into the story of David Copperfield.

"The phantoms of the past." How they come to the front, responsive to the bidding of our will, and fill the mind's eye with life like pictures of by-gone days. For the moment, the downward stream has turned back on itself, the same fields of activity as in other days lie before us; the same difficulties are there to be surmounted and the same prize to be won or lost in the encounter. It is a backward view, not of a *dead* past, but of one filled with the bustle and stir of life—of old time scenes and images in the full sway of worldly endeavor, wherein circumstances repeat themselves with the exactness of a mirror. Bailey, in his *Festus*, somewhere says :

" The past ! there is no past,
And the future is a fiction of a fiction ;
The present moment is eternity."

In a sense, this is true ; but in a very technical sense, for out of the dead past comes all that is most valuable to the ever-living present. In a word, the past lives in the present. Man alone is able to transmit to generations yet unborn, whatever of value his intellect has achieved for himself and for others, in the inexhaustible realms of literature, of science and of art, the noble trinity that should advance hand in hand along the untrodden ways of life. Thus it is that the master minds of antiquity commune with us to-day, with the familiarity of a

near acquaintance. Even a twelve-month retrospect brings vividly to view many a struggling soul who has fallen by the way in the march of the "innumerable host" along the great highway whose ending is only a pause and a beginning, veiled from the observation of men.

"There is no death ; what seems so is transition." Out of the past comes this assuring message as from the lips of an angel. Throughout all the changes of time and circumstance nothing is lost. Even matter is as imperishable as the faculties that mold it into untold forms for the uses of man. The hardest substance in nature may be reduced to an invisible gas and made to form new relations in its contact with other substances. A thousand changes await it, but annihilation is impossible.

Who can believe that that mysterious quality of animal life we are wont to call instinct, so near akin to reason, and oftentimes undistinguishable from it, dies with the body and counts for nothing in the universe of organized being? At the best, how little we know of nature's subtle laws! How little we know of ourselves! But we are wandering from our text. It was our intention to speak of the dawning of the New Year, and somewhat of the changes which the old year has wrought in our midst. Not so much of men and their belongings as of events which send the current of thought into new and unused channels. The ages through which the world has passed have acquired distinctive appellations significant of its progress from lower to higher planes in the various fields of industry. Hence came the age of stone, of iron, of steam, etc., and now, more than all, the electric age. The wonderful strides which have been made in mastering this hitherto untamable element and commanding its obedience, are visible upon every hand, and we have come to know that the ruling force which pervades all forms of being, as well animate as inanimate, is electrical. Man himself, in his physical construction, is an electrical machine. But over all is the will that sets the complex machinery in motion, and defies analysis. The present year, with its assemblage of all that is best in the accomplishment of the nations, and of peoples of every clime in Christendom, to a vast centre of civilization, in itself a wonder of growth unmatched in the world's history, is a testimony of the life and energy of the New World, which thus commemorates the landing of Columbus upon one of its outpost isles four hundred years ago, when the woodsman's ax first awoke the echoes of the vast primeval forest.

In the measurement of time as applied to states and countries, four hundred years is a comparatively narrow span. In contemplating it, we perceive at its beginning, the untamed savage, in his rustic wigwam, subsisting upon such of the wild game as his cunning and crude weapons are able to overcome, and at its termination, all the grand achievements which the highest civilization has gained for the comfort and amelioration of mankind.

May the God of nations preserve and prosper us in all good works, in the future as in the past.

WHEN TO EAT.

It is a debatable question how often food is required to preserve health or aid in restoring it, but the important point is gained when sufficient nourishment is supplied to make good the continual waste of tissue, thus keeping the body in repair and maintaining the normal expression of vital forces.

To fulfill the demands of the system, the blood should be kept in condition to nutrify all the tissues of the body, neither falling below nor rising above a healthful standard of nutritive power.

As the process of nutrition, involving the removal of waste and the assimilation of new material, take place more rapidly in some cases than in others, no absolute rule can be laid down as to the frequency of eating, but, in general, it may be said that nourishment must be adequate to prevent deterioration of the blood. The average man in active life requires daily from 16 to 23 ounces of food, free from water, representing three or four pounds of the ordinary nutritive substances. Now, scientifically, it would seem to be of little consequence when this amount is taken into the system, but practically, it does make considerable difference. First, it is necessary to prevent exhaustion of the nutritive elements in the blood, and, second, to guard against any functional digestive disturbance, thus precluding an abnormal manifestation in the organs of digestion. In other words, if the demands upon the digestive functions are too frequent there is a liability to irritation, exhaustion, inflammation, and the whole train of functional disorders. Overloading the stomach tends to produce the same or similar conditions.

Habit largely controls the time of eating, but habit is often formed without regard to any necessity on the part of the organism, and may

be arranged with equal facility to longer or shorter intervals, as may be desired.

The quality of food, also, has an important bearing upon the subject. Persons who live on stimulating articles of diet, including tea, coffee, animal flesh in considerable quantities, condiments, or alcoholic stimulants, seem to require food oftener than those who choose an unstimulating diet. The reason is that regardless of the nutritive material already in the blood, a seeming demand exists for an additional quantity, which is expressed by a sense of hunger or weakness as a result of reaction from the stimulants taken; and this reaction usually asserts itself more imperatively than the natural desire for food, when there has been no undue stimulation. True hunger is always a call from the tissues of the body for nutritive material, while much of the so-called hunger is merely an expression of irritation of the nerves of the stomach arising from inflammatory or irritative conditions as the result of reaction from previous stimulation.

Persons living on stimulating foods, when called upon to forego any accustomed meal, complain of weakness, "goneness," and hunger to a greater degree than those who live on an unstimulating diet.

As a rule, meals occur too frequently, compelling the organs of digestion to undergo the physiological congestion which follows the introduction of food into the stomach so often that after a longer or shorter period a pathological or abnormal congestion is set up which results in lack of secretion, or changes the character of the fluid contents of the stomach to such an extent that fermentation and the formation of gas follow. Unquestionably the majority of people would be better in health to take but two meals a day, breakfast at eight or nine o'clock in the morning, and dinner at five or six in the afternoon. Years of personal experience in the treatment of invalids, and in the observations of healthy persons who have recovered from functional disturbances by adopting a correct diet and two meals a day, in place of three or five, together with the added corroboration afforded by the experiences of many persons living for years in healthful activity on two meals a day, are convincing arguments in favor of less frequent eating. There are innumerable instances to prove that the majority of persons would gain in health and strength upon two meals a day. But whatever the habit may be as to the number of meals, there is no more pernicious practice than that of eating between meals either by children or adults, and in the course of time it is sure to

impair digestion. The lack of knowledge and conscience shown in this regard by the average man or woman is deplorable. It would seem as if the stomach was thought to be made of cast-iron, and therefore incapable of being exhausted or irritated by overwork, and that all kinds of substances could be put into it with impunity at any hour of the day or night. Persons who live after this haphazard fashion are amazed to find after a while that they are suffering from serious digestive disturbances, and the physician's protest against dietetic sins is often met with indifference and disregard.

But it must be borne in mind by those who seek to preserve health, or recover it when lost, that regularity is second in importance to no other factor. It is true that one may sometimes continue for years to violate physiological law, yet because a regular habit has been established the consequences are less serious than they would be had the same infringement occurred at regular intervals. As regularity is so potent an influence in securing health, happiness, and success, it is the part of wisdom to establish a rule as to the number of meals and the times of eating, and then hold with conscientious rectitude to the observance of the rule. If this is done and the happy mean is maintained between over-eating on the one hand, and semi-starvation on the other from an insufficient supply of food or that which is poor in quality, the result will be in favor of sound health and freedom from the bondage of mental and physical distresses which follow in the train of digestive disturbances.—*James H. Jackson, M.D., in Laws of Life.*

PERILS OF INVESTIGATION.

Rev. Minot J. Savage, in writing of his investigations of the occult forces, truly says :—

If one wants peace in this world, the "safe" thing is to stick to the old, reputable ways endorsed by the majority "common sense" of the place where he happens to live. Only, if everybody had always done that, humanity would never have got out of the jungles or into clothes. So, fortunately for mankind, there is always some restless fellow, like the character in Dickens, who "wants to know." He is willing to defy the "common sense" of the hour for the sake of trying to get his questions answered. But this same common sense of the hour is not going to be outraged unavenged. The man who dares to know more than the average has to pay for his temerity. And he will

be very fortunate indeed if he do not have to pay toll (of heart-ache, loneliness and reputation) in more directions than one.

The wide field of thought thus opened is too large to be traversed in one newspaper article. But I have a special reason for wishing to say a few things as to the perils that beset investigation in the psychical field.

1st. That one must dare the disapprobation of his "religious" friends who hold that all things that it is proper for any body to know are already "revealed," and that if there are any "spirits" they are sure to be evil ones,—all this goes without saying.

2d. Then there are the square-toed materialists who will have their shy at you. If the universe is purely a piece of mechanism and as well regulated as a machine that has run so long might be presumed to be, is it not a little curious that out of this machine should have come so many supernormal fancies to disturb the orderly people who assume to have it in charge?

3d. Then there are the friends who privately think you are a fool to want any more proof of immortality than the personal "consciousness" which they claim to possess that they are immortal.

4th. Then, again, there are the ones who, on the basis of one unsuccessful sitting and a few newspaper "exposures," have come to "know" that the whole business is a humbug. The investigator must be content to have these people look down upon him with a sort of pitying condescension.

5th. But there is one other thing that is harder to bear than either of these. And it is concerning this that I wish to free my mind a little through the columns of your paper.

I have never had any esoteric doctrines that I have supposed the world was not ready for. A noted clergyman once said to me: "What I think in my study is one thing, and what I think it is wise and best to give the people on Sunday is another thing;" and I have felt a contempt for this particular man ever since. Who am I that I should assume to be so wise that the Almighty has taken me into his confidence and trusted me with secrets that the world is not "ready for?" Poor world! That it should need to be fed on lies so long because of the weakness of its digestion! Poor God! That he should make so many things true that it is not safe for people to know! I fear I am a poor person to entrust with this sort of secrets. If the Lord doesn't want me to tell anything that is true, he had better not

let me find it out ! It seems to me such a pitiful insult to God to suppose he has made a lot of things true that, at the same time, are not safe.

BEHIND THE COUNTER.

No. I.

It is with reluctance that, in redeeming my promise to give the readers of HALL'S JOURNAL OF HEALTH some short paper on a worn and threadbare subject, I find it necessary to speak of myself, in view of what is to follow, growing out of my experiences as a saleslady in one of our mammoth dry goods stores.

Having been deprived of both father and mother at an early age, I was fortunate in finding a home with near relatives, who gave me welcome, and strove in every kindly way to make me forgetful of my orphanage, being continued at one of our better class schools with scarcely an interruption up to the period of my graduation, I need not say how long ago, suffice it, that measured by the common standard, I had acquired a fairly good education.

My uncle, during this period, was possessed of ample means, and provided his home with all the more solid comforts, with no lavish display merely of ornamental embellishments, of which he complained as being always in the way. But oil paintings and statuary if done after his own notion of high art, were exceptions. He had at this time a great many warm friends who were anxious to add to his ample store, by some sort of partnership wherein my uncle was to furnish the capital. Some of these schemes were put in operation, and he was advised from time to time of the state of affairs. Strange to say, they were always on the very point of expectation. A little more capital and success would be assured. My uncle was credulous to a fault, and not until his bank account dwindled to a condition which demanded a curtailment of family expenses, did he undertake to follow his investments, a no easy task.

When I was made aware of this change in his affairs, I determined, in spite of much friendly opposition, to become self-supporting, and at once set about its accomplishment.

I shall never forget the feelings which possessed me, when on a cool November morning, quite alone, I timidly entered "our store," as pre-arranged, and reported for duty, an ordeal I had gladly escaped, but *duty*, as I conceived it, was the spur of resolution, and I passed through

it as bravely as could be expected of one so strange to the world of traffic as was I.

It was business, nothing but business from the start. The superintendent, to whom I was directed, looked me over hastily, much as he would regard some new zoölogical importation, and with a stereotype drawl, remarked, "Well, young woman, what are you capable of ; what position can you fill with us ?" On learning that this was my first assay at store keeping, my inquisitor gave a kind of protesting shrug of the shoulders, and bidding me follow him, led the way to the basement, and with a few words of explanation, turned me over to a rather curious female in the meridian of life, who received me not unkindly, and conducting me to a little partially lighted room common to the store hands, assigned me a peg for my cloak and hat with the assurance that that particular peg was to be solely *mine*, so long as I was fortunate enough to hold my new position. Then followed my initiation into the mysteries of kitchen utensils, over which my superior presided as saleswoman, my part in the business being that of a junior assistant, in which capacity I acquitted myself as well as could be expected of a raw hand. This was the comment of my superior at the close of my first day, and I returned to my home after darkness had fairly set in, weary enough, but by no means shaken in my resolution to make my way in life by my unaided endeavors.

PAULINE.

(To be continued.)

REST AND DISEASE.

"How do you feel after that bad illness of yours ?" "Better than I have done for years ; it cleared it out of me." Some such conversation takes place between acquaintances every day. It might be difficult for either to say what the "it" was that the illness in question cleared out ; but the general meaning is clear—that the ex-invalid is better after his illness than he was before. Formerly he felt fatigue, lassitude, headache, dizziness ; now he is free from all these symptoms, he is fresh, active, buoyant, and he gives all the credit to the illness—the fever or pleurisy, the rheumatism or ague, which confined him to his bed for weeks. To say how organic disease can make any one more healthy would certainly pass the wit of man, but if one must explain phenomena most people will prefer to take the next preceding circumstance as the cause rather than go back to a further incident which carries with it an undeniable reproach. For, in truth, nature has been saying to our

ex-invalid friend, "You are using yourself up too fast ; I can't keep pace with you. I cannot supply tissue, blood, brain, as fast as you use them ; do stop and let me make up on you." The man has answered—in deed if not in word—"I can't stop ; I want to marry, and have not a sufficient income ; I want to set up a carriage ; I want to provide for my children ; I love the excitement of work and money-making, and I won't stop." Then it comes to duel between man and nature, and nature wins. Man has only his will—a powerful weapon enough, but not omnipotent ; nature has the support of every muscle, nerve, and cell in the body. Nature, Dame Nature, conquers, as women do, by sheer inertia, by refusing to comply with the impossible requirements of masculine will, by sitting down and weeping. Nature's tears are—disease.

In the old legend, Death gave the farmer three warnings of his coming—deafness, blindness and lameness. The farmer had not understood him, but that was his own fault ; Death refused to grant him a longer delay because of his stupidity. Disease acts in much the same way as his sterner brother, with this difference, that if we take heed of its warnings, we may escape a more prolonged visitation. When the monitions of fatigue, headache, dyspepsia, sleeplessness, or whatever form of warning Nature may send are heeded—when sufficient rest, suitable food, pure air, and an absence of excitement are granted to the starved and overworked organism that craves for them, disease in its acuter forms passes by the door ; when these warnings are neglected, it comes in and compels the rest the patient would fain refuse to take. You may "work off" a headache for the time, but you cannot work off a fever ; you must lie down, and let it take its course. When after six weeks or so you return to work, feeling as if a burden had been lifted you, you give the fever the credit. "It cleared 'it' out of me," you declare—whatever the mystic "it" may be. Say rather the fever forced you to rest, and gave nature time to put "it"—arrears of energy—into you. Disease is not in itself a good, but it may be an opportunity for good to be done. This is the lesson of disease ; happy are they who profit by it ! Few of us, unfortunately, are wise enough to take the milder warning.—*Hospital*.

THE OPIUM CURSE.

It is surprising that this government has allowed one of the most debasing habits that ever cursed the human race to obtain a footing in this land, and more than all, that the baneful evil has been suffered to

spread from city to city, wherever its semi-barbarian conspirators against the good health and morals of a people have obtained a lodgment. It is only now and then that, with some show of bluster, an official raid is made upon one of those dens of iniquity known as an "opium joint," and whenever this occurs, more or less young American girls are found among the besotted slaves of vice. It is no bar to the indulgence of this wickedness that it is against the law. The law is too indulgent. A mere fine is not enough. Confiscation and banishment would be a more adequate penalty for this willful corrupting of body and soul of weak young men and innocent young girls. The following dramatic picture, which we find in the editorial columns of the *Pacific Medical Journal*, is as common of New York as of San Francisco :

"Some time ago we were called to see a young lady who was supposed to be dying. We were conducted along a small narrow street leading off Dupont street near Jackson. On arriving at the destination we were shown into a room about twenty feet square, well guarded by outside and inside sentinels. On the matted floor and cushioned divans lay fourteen men and women, all busy with long clumsy looking pipes, small steel rods and tiny boxes containing a tarry looking material. They were diligently 'cooking' small pellets of this material—opium—over small lamps, placing them in their pipes, lighting them and eagerly smoking the drug. A veritable 'opium den.' Of these fourteen people some were Chinese, but most of them were white girls and young white men. Here they lay, side by side, men and women, of them smoking the noxious drug.

Chinese and white, in all conditions of nudity, some asleep, but most

At one end of the room lay the object of our visit, a beautiful white girl of about twenty. She was in a profound opium stupor, with pinpoint pupils and respirations eight per minute. It was learned that this was the first time she had 'hit the pipe,' and she had evidently 'hit' it pretty hard, for we worked with her most of the night before she recovered.

Many similar dens flourish in Chinatown and other parts of the city, as they do in Chicago, New York, and wherever Chinese congregate. It is high time our government took decisive steps to abolish this infamous traffic, and give our city officials a chance to close up these iniquitous opium dens, and wipe out one of the darkest spots on our fair city's escutcheon."

Something should be done to abolish this infamous traffic, and done at once. Should all plans fail, then abolish the wretches themselves who insist upon keeping it alive within our borders. No punishment could be too severe for them.

PHYSICAL PERFECTION.

The selection of a model for the Silver Statue which is to crown Montana's World's Fair Edifice, has given rise to some measure of jealousy among some of the more prominent female members of the histrionic art, who, for some reason, deem *theirs* the exclusive field from which the selection should quite naturally have been made, perhaps because the play going public has become more familiar with unadorned female loveliness in that quarter than in any other.

Some few years ago, Harvard University offered a prize to the man or woman who should show the nearest approach to physical perfection in proportion. The young woman who gained the prize was 25 years of age, 5 feet 5 inches in height, and weighed 130 lbs. The male winner of the prize was 6 feet 1 inch in height. Dr. Sargent gives the following table of average heights, which he prepared from the statistics of Dr. Weisbach, of Constantinople, who has measured hundreds of individuals of many different races.

	Feet.	Inches.
Henry C. Jackson, Maine.....	6	1
New Zealand Maoris.....	5	10½
Kafirs of Africa.....	5	10
Norwegians, average... ..	5	9
Scotch, average.....	5	8½
Swedes, average.....	5	8
English and Irish, average.....	5	7½
Danes, average.....	5	7½
Germans, average.....	5	7¼
Italians, average.. ..	5	6¾
French, average.....	5	6¾
Spanish and Portuguese, average.....	5	6
Jews, average.....	5	3

RAPID MOTION OF THE BLOOD.

Medical workers have made many curious experiments, but none more wonderful than that by which they ascertained the exact time required

for the blood to make one entire trip through the system, which all students of physiology know means a complete circulation through the lungs, veins, arteries and the general capillary arrangements. Professors Dalton, Hering, Poisenille, Mattucci and Blake have been the chief investigators in this line, the first named having become more eminent in this particular branch of research from having the experience of others to fortify himself with.

All the old school anatomists believed that a considerable time elapsed, say from three to nine minutes, from the time when the blood left the right side of the heart, traversed the whole system, and then again returned to the starting point. Dalton has shown that the time is much shorter than was formerly generally supposed. The chief agent used in his experiments was a salt known to chemists as ferrocyanide of potassium, which can be readily detected in the blood on account of its chemical reaction. Professor Dalton describes the operation in the following language :

The blood was drawn from the jugular vein on the opposite side, and the interval which elapsed before the appearance of the foreign salt in the blood drawn from the second opening indicated the time required for the blood to pass from the point of injection through the vena cava to the heart, from the right side of the heart through the lungs to the left cavities, from the left ventricle through the carotid arteries and the capillary vessels of the head, and thence downward to the jugular vein in the opposite side. Dozens of carefully tabulated tests of this somewhat extraordinary subject show that the blood of man makes a complete circulation once every fifteen to twenty-five seconds, according to the physical condition of the subject experimented upon.

GRAY HAIRS.

The fact that some persons begin to show gray hairs while in their twenties does not indicate a premature decay of the constitution. It is purely a local phenomenon, and often co-exists with great physical vigor. A medical journal says : Many feeble persons, and others who have suffered extremely, both mentally and physically, do not blanch a hair until past middle life ; while others, without assignable cause, lose their capillary coloring matter rapidly when about forty years of age.

Race has a marked influence. The traveler, Dr. Orbigny, says that in many years he spent in South America he never saw a bald Indian,

and scarcely ever a gray headed one. The negroes turn more slowly than the whites.

In this country sex appears to make little difference. Men and women grow gray about the same period of life. In men the hair and beard rarely change equally. The one is usually darker than the other for several years, but there seems no general rule as to which whitens the first.

The spot where grayness begins differs with the individual. The philosopher, Schopenhauer, began to turn gray on the temples, and complacently framed a theory that this indicates vigorous mental activity.

The correlation of gray hairs, as well as its causes, deserve more attentive study than they have received. Such a change is undoubtedly indicative of some deep seated physiological process; but what this is we can only ascertain after more extensive observations than have yet been submitted to science.

INFECTIOUSNESS OF TUBERCULOSIS.

According to the latest advices from Germany, where Dr. Koch's investigations in regard to tuberculosis have given a special impetus to the study of the disease, the danger arising from direct contact with consumptive patients has been somewhat overestimated, notwithstanding the infectious nature of the malady.

More recent investigation has shown that the bacilli which are coughed up in the sputa of consumptives, and which are hence present in greater or less numbers in the mucus of the mouth and nose, are for the most part lifeless and inactive.

This demonstration, while it will bring comfort to many people thus afflicted, will probably tend to emphasize the fact of a family predisposition to the disease; and this in turn will doubtless lead to a fuller study of the peculiar physical and anatomical characteristics of special families and individuals, who are at present vaguely termed by the profession "subjects with a predisposition to tuberculosis."

The study ought to lead by a natural process to the correction of such anatomical characteristics, or "build of frame," by means of special methods of chest or general exercises, by the correction of habitual errors of breathing, and by other corrective and cautionary measures.

But if the dangerous character of consumptive expectorations has perhaps been overestimated, the danger is none the less real, and the

precautions which patients and nurses have been urged to exercise for the public safety should still be continued. Sputa should be burned ; spitting in the streets or public places should be avoided, and great care should be taken to prevent collections of dust in any form in the rooms occupied by consumptives. This last precaution is of importance for the patient as well as for his family.—*Youths' Companion*.

THE EYES.

The keenness of the sailor's organs of sight is almost proverbial. This effect has two causes. The cold salt spray dashing into the seaman's eyes strengthens and hardens them. Also, the mariner's practice of constantly piercing the atmosphere to see something, often absolutely undiscernible, greatly trains the organ in clever acuteness. A thought is immediately suggested. Would it not be beneficial to teach the children to test their ability to see distant objects? The hands of the court-house clock, an incoming vessel, a faintly appearing train, the rapidly fading forms of birds in flight, and many other objects that the little ones would be eager to notice if so directed, would aid to expand and perfect the various delicate and minutely beautiful parts which compose the eye.

Infants are frequently born with eyes so weak that they "water" upon exposure to wind or light, even when judiciously advanced to these. This weakness may be cured by frequent bathing with water of the saltness and temperature of tears, or, as in my experience has been of more value, dashing cold water over the eyes each time before being taken out, and never bathing the baby's face, especially about the eyes with warm water. Cold tea is also recommended, and may do the work for some and fail in other cases.

CARE OF THE HANDS.

It is universally acknowledged that a soft, white hand, with well shaped nails, adds greatly to the charm of every woman, be she young or old, but there are many who, from choice or necessity, busy themselves actively in their houses or about their gardens, and consequently have considerable difficulty in keeping their hands in a presentable state. Of course, if gloves are worn, they preserve the skin from stains and friction, but some persons—the writer is one—find it both difficult and disagreeable to do any kind of work satisfactorily, save with bare fingers.

GERM DISEASES.

Of all the agencies in the spread of what are called "germ diseases," dust is, perhaps the most potent. The peculiar dangers of the month of March are due not merely to the high winds then prevalent, but to the dust with which the wind pollutes the air at that season. Inorganic dust—that is, dust composed of nothing but pulverized earth—is not of itself very harmful. Thus coal miners are not especially prone to lung diseases, though working in coal dust constantly. Dust, however, as found in the streets of our cities and towns, is largely made up of organic matter. Such dust, if not of itself largely composed of germs, still furnishes an excellent lurking place for them. Not all germs are harmful or generative of inflammation; but, on the other hand, some of the germs most harmful to human life are constantly to be found where street dust is abundant. When we inhale dust, therefore, we undoubtedly inhale many germs, or bacteria, which may or may not find a lodging place within us. It is almost needless to say that the mucous membrane of the nose is a much safer place for the reception of dust than that of the lungs, and we should therefore keep the mouth closed when we are forced to inhale dust.

Long dresses that sweep the street in walking are fearful agents in the acquisition of disease, and it would not be a great stretch of authority for our Boards of Health to forbid their use as endangering the public health.

DEATH BY VIOLENCE.

Most people regard death by a fall as one of the most agonizing forms of dying. In a lecture at Zurich, Professor Heim has declared, says a Berlin correspondent, that this opinion is erroneous. The first fact to be considered, according to the professor, is that the subjective feelings in the various kinds of fall are the same. There are people who have escaped death by a hair's breadth, who reached the stage of unconsciousness, and who are able to report what they felt. Professor Heim, who has occupied himself with this interesting question for many years, bases his observations on personal experiences, and on a large number of cases which have occurred, not only in the mountains, but also in war, in industrial establishments and in railway accidents. The victim suffers no pain, no paralyzing terror. He is perfectly aware of what is going on. The time seems long to him. In a few seconds he is able to think so much that he can report an entire hour on it. His thinking

power is immensely increased. In almost all cases the past seems suddenly lighted up as if by a flash of lightning. All phases of life pass before the mind's eye, nothing petty or unimportant disturbing the retrospect. Then gentle, soft tones sound in one's ears and die away at last when unconsciousness sets in. One hears the fall of the body, but one does not feel it. It will be remembered that Mr. Whympers, who had a severe succession of falls once in the Alps without losing his consciousness, declares emphatically that as he bounded from one rock to another he felt absolutely no pain. The same thing happens on the battle field; the entrance of the bullet into the body is not felt, and it is not till he feels the blood flowing or a limb paralyzed that the soldier knows he is wounded. Persons who have had limbs broken by a fall do not know which limbs are affected till they try to rise. At the moment of a fall the whole intellectual activity is increased to an extraordinary degree. There is not a trace of anxiety. One considers quickly what will happen or may happen. This is by no means the consequence of presence of mind, it is rather the product of absolute necessity. A solemn composure takes possession of the victim. Death by fall is a beautiful one. Great thoughts fill the victim's soul; they fall painlessly into a great blue sky.

THE PREVENTION OF JUVENILE SMOKING.

It is time that the attention of all responsible persons should be seriously directed to the prevalence and increase of tobacco smoking among boys. Here and there, there have been observed expressions of a strong repugnance existing in the public mind against this form of juvenile perversity; but we still lack the support of a general and outspoken objection to its continuance. At the same time we feel assured that no man who has really given any thought to the matter would hesitate in condemning the injurious folly of this practice. Stunted growth, impaired digestion, palpitation, and the other evidences of nerve exhaustion and irritability have again and again impressed a lesson of abstinence which has hitherto been far too little regarded. A further stage of warning has been reached in a case which lately came before the coroner for Liverpool. A lad was in the habit of smoking cigarettes and cigar-ends, and, after an attack of sickness, died somewhat suddenly. The post-mortem examination revealed fatty changes in the heart, which there was little doubt, as the verdict held, had been fatally supplemented in their influence by the smoking habit referred

to. This, of course, is an extreme example. It is also, however, after all, only the strongly colored illustration of effects upon health which are daily realized in thousands of instances. We have no hesitation in asserting once more our conviction that it is incumbent upon the legislature, in view of its known pernicious effect upon mind and body during boyhood, to restrict this habit by an age limit which will fall outside this period.—*Lancet*.

SLEEP.

It is said by scientists to be a fact that all our senses do not slumber simultaneously, but that they fall into a happy state of insensibility one after another. Many dreams are explainable upon this hypothesis. The eyelids take the lead and obscure sight, the sense of taste is the next to lose its susceptibility, then follow smelling, hearing and touch; the last named being the lightest sleeper and most easily aroused. It is curious that, although the sense of smell is one of the first to slumber, it is the last to awake. Hearing, after touch, soonest regains consciousness. Certain muscles and parts of the body begin to sleep before others. Commencing with the feet, the slumberous influence works its way gradually upward to the centre of nervous action.

THE SULTAN'S FOOD.

The Sultan of Turkey leads a very simple life. He came to the throne in 1876, without any agency of his own, and almost against his own will, after living for many years in retirement, and no doubt finds the trappings of royalty something of a burden.

When it is said that he lives simply, however, the word must be understood as applying to his personal habits rather than to his official surroundings and expenditures. Thus it is estimated that more than six thousand persons are fed every day at his Dolma Bagtche palace when he is there. The treasurer of the household has a pretty heavy burden upon his shoulders.

There is a regularly organized force of buyers, each charged with the purchase of certain supplies for the palace. One man's duty is to buy fish, and to do this for six thousand persons is no light undertaking in a city which has no great markets. About ten tons a week are required, and to secure this some twenty men are kept busy.

Nearly eighteen thousand pounds of bread are eaten daily, and all this is baked in enormous ovens at some distance from the palace. Of

course a large force of bakers is required, as well as another large force of buyers and carriers of flour and fuel.

The Sultan's own food is prepared by one man and his assistants, and no others touch it. It is cooked in silver vessels, and when done, each kettle is sealed by a slip of paper and a stamp. 'This stamp is broken in the presence of the Sultan by the High Chamberlain, who takes one spoonful of each kettle before the Sultan tastes it—as a safeguard against poison.

Nearly a ton of rice a day is required for the inevitable *pilaff*, together with six hundred pounds of sugar, and an equal amount of coffee, to say nothing of the other groceries, fruit, vegetables and meat.

That there is enormous waste and extravagance in the kitchens is almost a matter of course; it is said that enough is thrown away daily to feed a hundred families. But such waste is not confined to a Turkish royal household, and might be found in kitchens nearer home. The surplus is gathered up by the beggars, with whom Constantinople abounds, and what still remains is eaten by the scavenger dogs.

MISCELLANEOUS.

THE LARGEST MILL IN THE WORLD.

Mills are of such various descriptions that it is difficult to compare one description of mill with another. There are flour mills, cotton mills, jute mills, silk mills, rolling mills, &c., &c. As to flour mills, the largest in the world is the Pittsburgh Flour Mill in New York State. That mill converts into flour over 32,000 bushels of wheat per day, and its output would feed two cities as large as New York. The largest production of flour is at Minneapolis, which is a town of mills, and where recently one week's output was 88,200 barrels of flour. The cotton-thread mills at Paisley, Scotland, of J. & P. Coates, Limited, and Clarke's, have of late years assumed gigantic proportions, and employ 10,000 men between them. The largest lumber mill is at Port Blakeley, Washington, the machinery occupying a building 102 feet by 448 feet, and capable of cutting between 500,000 and 600,000 laths per day. In 1890 this mill turned out 68,000,000 feet of lumber, 28,000,000 laths, besides a large amount of other stock. As to rolling mills, the largest are those in connection with Krupp's immense works at Essen, in Germany, which occupy more than 500 acres of land. The largest in England are those at Sheffield and on the Tyne. Lancashire is the great seat of the cotton mills, and among the largest may be mentioned those of Horrocks, Miller & Co., and of Messrs. Calvert, at Preston. The largest cotton mill is stated to be located at Kranholm, Russia. It contains 340,000 spindles and 22,000 looms, requiring 6,000 horse power, and giving employment to 7,000 operatives.

TO PREVENT MOTHS.—The most destructive of the household pests is the moth, and the principal requisite for protection against it is promptness and care. The best way to protect garments from the ravages of this busy creature is to wrap them in newspapers, being very careful to leave not even the slightest crack by which a miller may find its way in. This should be done as early in the season as the garments can be spared, and they should be well beaten and brushed before wrapping, in order to dislodge any eggs that may have been already deposited on them. If they are put away late, it is safer to open them sometime during July. The worm will then be hatched, if any eggs had chanced to be left in the garments, and can be seen and killed before it does any damage. Cedar chests are of no more use in keeping out moths than any other tight box. Gum camphor is sometimes put among woolen garments, and tobacco is also used ; but though these may have some effect in keeping the miller away, they are not always safeguards, and the surest way is the simplest, that of wrapping the garments so that nothing can gain an entrance. To keep them out of carpets, sprinkle the floor with turpentine or benzine before laying the carpet, and with a small, flat paint brush apply freely under the surbase and in all cracks. Benzine poured over furniture and carpets where moths are will kill them. Great care should be taken not to use the benzine near a flame of any kind and there should be no flame or fire in the room until the fumes have passed away.—*Demorest's Family Magazine.*

DESTRUCTION OF BIRDS.—The many friends of the birds, who have so often and so energetically protested against their use for the adornment of women's hats, will be interested in the fate of the moho, one of the most beautiful of the feathered inhabitants of the Sandwich Islands. These birds are now extinct, and Professor Newton, of Cambridge, England, estimates that not above half-a-dozen stuffed specimens of the species exist in the world.

They were clothed with magnificent yellow feathers, and for the sake of these, which were employed in making robes for the native chiefs of the islands, the birds were relentlessly slaughtered. When the supply became exhausted recourse was had to another yellow feathered bird of the islands, much inferior in beauty, however, and the name O-o, formerly borne by the moho, was transferred to this new victim of savage vanity.

It can hardly be a comforting reflection for those who aid or encourage the slaughter of birds for the adornment of human head-gear, that they are simply imitating a thoughtless custom of the uncivilized natives of a Pacific Island.

THE YEAR OF GREATEST GROWTH.—In boys is the seventeenth ; in girls the fourteenth. While girls reach full height in their fifteenth year they acquire full weight at the age of twenty. Boys are stronger than girls from birth to the eleventh year ; then girls become superior physically to the seventeenth year, when the tables are again turned and remain so. From November to April, children grow very little and gain no weight ; from April to July, they gain in height but lose in weight, and from July to November they increase greatly in weight but not in height.

LITERARY.

HANDBOOK OF EMERGENCIES AND COMMON AILMENTS. By E. F. Bradford, A. B., M. D., assisted by Louis Lewis, M. D. B. B. Russell, Boston, Publisher, 4to 450 pp. Sold by subscription only.

This is one of the most valuable of popular medical works, which has come under our notice, not because of the subjects treated of, so much as the clear and easily understood manner of presenting them to the unprofessional reader, thus qualifying him to treat with requisite skill a subject whose sudden injuries or attack require the immediate application of remedies. The illustrations, which are many, show the best mode of adjusting splints and bandages to simple and compound fractures, checking the flow of blood from arterial wounds, hemorrhages, lacerated or contused wounds, etc. We commend the work also for its great simplicity and thoroughness, rendering it of equal value to the skillful and the unskillful in emergencies which are likely to occur at most unexpected moments.

AL-MODAD, OR LIFE SCENES BEYOND THE POLAR CIRCUMFLEX. By an Untrammelled Free-Thinker. M. Louise Moore and M. Beauchamp, Publishers, Cameron Parish, La.

This book is claimed to be "A Religio-Scientific solution of the problems of present and future life." Perhaps it is.

PHTHISIS ; A NEW METHOD OF TREATMENT. By Henry S. Norris, M. D., N. Y.

Consumption, among diseases, is the one most dreaded. It has for the most part been held incurable. By a statistical summary taken from the census of 1890 there were in a single year, 101,645 deaths from this cause alone. This pamphlet recommends the internal application of Ozone as a remedy, and cites many instances of relief growing out of its use.

TRANSACTIONS OF THE AMERICAN OTOLOGICAL SOCIETY. 25th Annual meeting, at New London, Conn.

To physicians in active practice this volume of some 400 pages will be found extremely useful and reflects great credit upon the Society for its thoroughness of statement of ear afflictions and cures.

THE POWER OF THOUGHT IN THE PRODUCTION AND CURE OF DISEASE. By Wm. H. Holcombe, M. D., Chicago. Purdy Pub. Co., Chicago, 21 pp. Price, 15 cents.

This is a timely treatise, valuable for its truth, which ought to be better understood by the practical healers of disease.

THE CHOICE BETWEEN EXTIRPATION AND COLOTOMY IN COURSE. By Charles B. Kelsey, M. D., New York.

This is a pamphlet of 8 pp., conveying much valuable information upon a subject of great importance to surgeons.

NOMENCLATURE OF CERTAIN EAR AND NASAL DISEASES.

This catalogue is a little too much for us, but shows how wonderfully and fearfully we are made, to require such a string of latinized terms to describe the complex ailments of two rather necessary organs.

THE WORLD ALMANAC, which we offer as a premium, will be issued about the 20th of January. It will contain mention of all the leading events of the past year the world over, with a vast deal of other important information. Its index comprises more than 1000 subjects. No one having this book can plead ignorance of what is transpiring any where within reach of the telegraph or the telescope. Send in your orders. Hall's Journal was never so prosperous as now.

ABSOLUTELY PURE.—This is a rare quality in a BAKING POWDER, but the ROYAL claims it, and so far as we know, the claim is undisputed; at all events it has won the favor of pastry cooks and bakers the world over, and keeps its place as the acknowledged leader of the clan.

THE DAILY CALENDAR

Of the Pope Mfg Co., of Boston, for 1893, deserves mention as a practical business calendar for the year. For eight consecutive years, this company has issued what is known as the Columbia Desk Calendar and Stand, consisting of a pad of 366 leaves, one for each day in the year, and one for the entire year. The pad rests upon a metallic stand, arranged to take up very little desk room. Send in your orders and learn all about bicycles.

THE CENTURY.

What would you do if you were a stranger in London, with no money except a million-pound bank note in your pocket, and some good reasons why you were afraid to go to the Bank of England and get it changed? This is the theme of Mark Twain's story, "The £1,000,000 Bank Note," which will be printed in the January *Century*.

A PURE COCOA.

The Breakfast Cocoa prepared by Messrs. Walter Baker & Co., Dorchester, is generally recommended by physicians as the best drink for the morning meal. The manufacturers warrant this cocoa to be absolutely pure and soluble, the excess of oil being properly and carefully removed. It is guaranteed to have three times the strength of ordinary cocoa, because the latter is invariably mixed with sugar or arrowroot. It costs less than one cent a cup. It is delicious, nourishing, strengthening, and easily digested. For sale by all grocers in the United States.

FOOD.

This elegant monthly household magazine has just published "A Yard of Sweet Clover," a frieze 5½ x 36 inches long, representing a gracefully blended collection of clover blossoms, as a holiday offering to its subscribers.

A NEW ENTERPRISE.

The Press Claims Company, whose advertisement appears in another column will become familiar to our readers during the coming year. It illustrates the advantages of co-operation on an extensive scale, being a combination of hun-

dreds of the leading newspapers of the United States, for the purpose of protecting their patrons against unscrupulous claim agents, and securing prompt, efficient, and economical service to all persons having dealings with the Government. It will secure patents and pensions, perfect land titles and attend to all other legitimate business of the kind on terms that will make its employment highly advantageous.

Membership in this company is a guarantee of the high standing of any newspaper, all applications being carefully considered and passed upon by the Board of Directors before allotment. The company comes before the public backed by the collective endorsement of over five hundred of the leading journals of the United States. That this journal has been admitted to the association is an advantage of which such of our readers as have transactions with the Government will be glad to avail themselves of.

A FRAGMENT.

When man in his primeval days,
 The glory of the night beheld
 The stars innumerable that filled
 With golden light the whole of space ;
 The moon that shone a garish queen,
 Amid the splendor of the scene,
 Which rivalled e'en the sunlit glow,
 That wakes to smiles the world below,
 What wonder is't that he should hold
 All these subservient to his world,
 As he opined, a boundless plane
 Of land and stream and surging main :
 And reasoning thus of Nature's laws,
 And holding fast his crude belief,
 What wonder he, the primal cause
 Ascribed to some almighty chief,—
 Sovereign of earth and air and sky,
 Invisible to mortal eye ?
 The rude conception of his mind,
 To superstition yet inclined ?
 And being in his proud conceit
 Of entities the most complete,
 In his own image made he Him,
 With wondrous reach of sense and limb,
 And every passion to him known,
 Intensified and overgrown :
 A monster man in all his ways,
 With lust of power and greed of praise,
 Whose will was law, and whose decree
 Of good or ill to humankind,
 An everlasting destiny.
 But wonder is't that man should hold,
 Of Nature's God from age to age,
 The self same concept as of old,
 Nor priest, philosopher nor sage,
 The meaner attributes recall,
 Of the Great Father of us all.

—LA CROIX.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

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HYGIENE OF OLD AGE.

A person of advanced years no longer needs food to promote the growth of tissue, for tissue growth in him has long since ceased. In his present condition of diminished activity, the waste of his tissues is also greatly lessened, and the need of food to repair this waste is correspondingly less. To maintain the vital heat is still his urgent need, and with increasing years the task grows more and more difficult.

But as respects senility, no two persons are alike. Some approach it at fifty, while others scarcely feel it at eighty. In a word those who have lived fast and irregular lives, are older in all the ills that prey upon age, than others of correct habits at two or three additional decades.

Not only do the old require less food than the young or middle aged, but food of a somewhat different character. Flesh food, and especially lean meat, which is chiefly useful in promoting the growth and repairing the waste of tissue, should not form a large part of the old man's diet. And observe how perfectly nature has adapted his capabilities to his needs. The teeth, which are required most of all in tearing and grinding the fibre of meat, to fit it for digestion, have now disappeared, or become so weak and decayed as to be unfit for performing this office. Errors in diet are specially harmful now. The young man has a reserve fund of vitality to draw upon, and though he may suffer acutely for a time, when too much food is taken, or food of an improper character or not properly prepared, yet he soon throws it off and does not seem to suffer permanently. But the old man's capacity in this regard has diminished with the increase of years.

The extravagances of over-eating which in early life might have only caused him a day's discomfort from indigestion, or of misery from

a bilious attack, would now be liable to result in sudden death. He must therefore carefully measure his digestive power, and adapt his food, both in quantity and kind, to his actual needs.

To enable him to reach this end in safety ; to adapt his habits meanwhile to his changed conditions ; to conserve his strength and favor his weaknesses, and thus to conduct him safely through the dangers incident to advancing years, and bring him to the close of life by as easy a road as possible, with the greatest amount of comfort and the least of suffering, are the objects of the hygiene of old age, and since large quantities of food burden the stomach and oppress the system, it is better, in old age as in infancy—in man's second childhood as in his first—that he should take food not only in much smaller quantities than in middle life, but also at more frequent intervals.

No fact is better established than the need of abundant exercise, both physical and mental, to the prolongation of life, health and vigor. Few things are more disastrous to these ends, than for a man in advanced years, accustomed to a stirring and active life, abruptly to "retire from business," thereby exchanging habits of labor for those of ease, of a freedom from care, under the mistaken notion of thereby enjoying a well-earned rest for the remainder of his days. Rather should his relinquishment of business be gradual, with his lessening duties adapted to the failing energies of body and mind, but always sufficient to preserve his interest in life, and incite him to a reasonable degree of exertion. Not only is it "better to wear out than to rust out," but it takes longer to do it. If his business is such as to keep him much of the time out of doors, so much the better for his health. If not, then he needs some additional incentive to lead him into the pure air and sunshine, essential to both age and youth.

The power in age of resisting external influence, which in youth was strong, is now almost gone. He needs, therefore, to use special care to protect himself from heat, cold and atmospheric vicissitudes, for these are responsible for a very large proportion of what may be called premature or accidental deaths among the aged. Especially, is cold a mortal foe to old age.

Add to the effects of cold those of heat, moisture, winds and sudden changes of temperature, and we have, in a climate like ours, a most formidable array of dangers to old age from atmospheric causes. To guard against these, the old man must not only suit his food to the climate and season, but he must clothe himself warmly—preferably in

woolen garments, as being the poorest conductor of heat—must avoid all undue exposure either to extreme or sudden changes of temperature, and must occupy a comfortable room. His sleeping rooms should be warm, well-aired and dry. Many a time has the “spare room” proven fatal to gray hairs and decrepit old age.

Statistics show that more women than men have become old. It may reasonably be supposed that a part of the superior longevity of women is due to her more quiet, regular and temperate life, less injury from passion and excitement, and less exposure to atmospheric vicissitudes. If this be the case, it furnishes a valuable insight as to the kind of life which should be followed, not only by those who would grow old, but by those who, having already reached advanced life, desire still further to prolong their days.

The integrity of the heart and nervous system demands that the old man should avoid all extreme or sudden physical exertion, all intense and depressing mental emotion. Running to catch cars, lifting a heavy weight, making an eloquent and impassioned after-dinner speech, or indulging in a paroxysm of passion—all of these have often been proven to be only forms of suicide for the weakened heart and brittle arteries of the aged. The safety of gray hairs depends rather upon the regular continuance in accustomed paths, where to go on is easier than to stop or turn aside. Habits are strong in the decline of life, and not easily changed. To act in accordance with these is to travel in the line of the least resistance.

The man who has ceased to take an active concern in what is going on in the world about him, has but a feeble hold upon the world itself. When the wish and the will to live are gone, life is sure soon to follow.

A cheerful disposition, which enables its possessor to see the bright side of everything, and prevents him from wearing himself out with worry when things do not go to suit him, is a potent factor in prolonging life. Mental activity, if not coupled with too much nervous strain, may with advantage be kept up to the close of life. It is a well known fact that literary and scientific men, are as a rule long lived. In all countries, ministers among professional men, and farmers among manual laborers, are the longest lived classes in the community, and they are exactly the ones who enjoy the benefits of mental and physical labor under the most favorable conditions.

Especially does old age need abundant sleep, that all the vital forces may be carefully husbanded.

CROSS-THINKERS.

For what end it may have been designed, we cannot tell ; but the fact that in all questions, great and small, public and private, there is a class of minds which are sure to embrace the side of weakest argument. For a palpable and certain truth such persons have no relish. A great, broad principle, which recommends itself to the common sense of the bulk of mankind, is, in their eyes, an impertinence. In a doctrine everywhere prevalent and popular, they see only vulgarity.

A deduction irresistibly logical only excites in them the suspicion of some greater error.

If, on the other hand, you tell them something extremely hard to believe, they will make a manful struggle to swallow it, and probably will succeed. As Milton's Satan says, "Evil, be thou my good," so they cry "Sophism, be thou our reason."

The pious Jesuit who said "I believe it because it is impossible," was a type of this class. Any one can believe the possible,—there is no merit in them ; but to accept in unshrinking faith something utterly incongruous with experience and common sense, is to do that which few can do, and to do it is, accordingly, great glory. There is some vanity in the matter after all. If I go with the multitude, my voice is lost in it. I may be right but I attract no attention. But if I stand up by myself, or with some small party or sect, and declare my attachment to some strangely heteroclite ideas, I at least do not pass noiselessly. The mass feel a little troubled by my dissent, and perhaps even think it worth while to take some pains to bring me over to their way of thinking. One becomes somebody in these circumstances.

It is also observable of this class of thinkers, that even when they concur with the majority in any profession of faith, they quite disregard all the leading and important points of the system and fasten exclusively upon some merely external or accidental peculiarities. A fundamental doctrine which most men feel goes down into the profoundest depths of their moral being, has no attraction for them ; but they are careful to see the upholstery and millinery of the system preserved in all their ancient integrity. Just because a thing looks of no consequence they think it important. Were it really to become of consequence, they would desert it.

An almost superhuman suspiciousness is a constant feature of the cross-thinker. In his headlong tendency to suspect, he produces the most curious medley of ideas.

According to his way of thinking an author is not the author of his own books. There is always some person behind backs who writes them for him. He may write some other body's books, but not his own. When the cross-thinker sees a political opponent taking a course which shows a remarkable degree of moral courage, and obviously exposes him to damage in his worldly affairs, he feels assured there is some transcendental selfishness at the bottom of it. In considering by what means any great result has been brought about, our friends overlook all the prominent and great causes, and seldom fail, with an air of mysterious sagacity, to draw our attention to certain others so small, as to appear almost indifferent, or which possibly you are more inclined to rank as obstructions.

It is rather a sad reflection, that some of the men of most brilliant literary powers rank among those who devote themselves on all occasion, to make the worse appear the better reason. Unfortunately, to possess eloquence is not necessarily to possess also the inclination to use it solely for good ends. Crochet and vanity take the direction of but too much of it. The very fact that it is much easier to make a stir with eccentric opinions, than with those which have the support of truth and general approbation, is the cause why an immense proportion of the talent which arises from the first perverted, and ever afterwards misused. And we hardly know a more sad spectacle than that of a man of brilliant gifts being thus lead into false relations to his species, and condemned at the end to look back upon efforts of which the best that can be said is only this, that they have not been sufficiently powerful to extinguish truth, or obstruct the course of civilization.

Cross-thinking has a great charm for young minds. It is quaint and striking,—often droll, looks like something to which the Few are privileged, is free from that vulgarity which is so apt to beset any great cause in which the sympathies and interests of multitudes are concerned. Hence young men of talent are extremely liable to fall into the habit, and so get into connection with professions and parties from which they cannot afterwards shake themselves free. It is for them a great misfortune, for generally it tends to frustrate the benefits of what talent and education they may possess. Powers and accomplishments that might have advanced good objects for the public, are then spent in a necessarily futile attempt to obstruct them. Some false glory may result. In other words, a foolish few will applaud, while the majority look on with wonder and pity.

But in the long run, all is found to have been barren and wanting of true savor.

The world will, at the utmost, accord the meed of talents misapplied. Even from those who have all along been applauding, there will only be found that kind of support which the reckless get from their friends, and the vicious from the companions of their iniquity.

The final sentence is "Here lies a man who chose to live in vain."

KIRKE WHITE.

[We are inclined to the opinion that our new contributor in his cross-thinking essay aims at the free thinking propensity of one of our staff, now temporarily absent from his post of duty, who is heterodoxical enough to openly avow his disbelief that Jonah swallowed the whale, but with all his eccentricities of cross-thinking we have never heard him speak disparagingly of the whale as a fish, nor of Jonah as a prophet, as to any thing he knew for a fact beforehand.—ED.]

ARE ANIMALS IMMORTAL?

B. F. UNDERWOOD, in the "WORLD'S ADVANCE THOUGHT."

Animals may say: We have fundamentally the same natures that you have. We feel pleasure and pain, and are subject to moods; we have affection, jealousy, vanity, and pride; we enjoy the smile of approval from our superiors, and dread their displeasure; we are not devoid of imitation and curiosity. We have some sense of beauty, some imagination, and some power of reasoning. We are not entirely destitute of reverence. We are capable of improvement by education and inheritance. Your philosophers teach that mind is imperishable. Certainly, we have minds, distinct individual minds. Mental as well as bodily characteristics are subject to the law of heredity with us, precisely as they are among human beings. If your minds are immortal, why are not our minds also immortal? Your philosophers refer, in proof of man's immortality, to the fact that his consciousness persists, while the atoms of his brain and body are constantly changing, that memory and identity extend throughout years, although the body has changed many times, showing that the impressions must be made on something that is not, like the brain, subject to change. This is just as true of us. The atoms come and go; but our identity, as shown in memory, reaching back a dozen years and more, persists amid all material fluctuations. Your Darwins and Haeckels and Wallaces have shown what your observation should have taught you, that you are derived from the lower animals—the lower animals we say because you your-

selves are animals. Go far enough back, and your ancestors and ours were the same creatures. Since our origin is the same, must not our nature and destiny be the same? Your bodies have been developed from animal bodies, your minds from animal minds. If, then, your minds are immortal, ours must be; for how could a being who is indestructible and immortal have evolved from a perishable being? To say that the capacity for immortality was somewhere acquired during the process of evolution from apehood to manhood, is to make use of an unsupported assumption, opposed to continuity, the primary fact of evolution, in order to enable you to deny our immortality and assert your own. There is another consideration we may mention in our behalf. Your theologians say that a future life is necessary to prevent the ultimate defeat of justice, since it often fails here. Think of the millions of animals that have been hunted for sport, beaten, tortured and wantonly killed—often, too, by men they were serving with all their strength and the best they knew. Where is the justice of a God who would confer immortality upon all who have found their chief sport in tormenting and destroying animals, and give the animals no recompense for their sufferings, extending through long dreary centuries, in the aggregate beyond the power of computation, and in horribleness beyond the power of Hogarth's pencil to describe? Justice requires that we have a future life. Moreover from the first, man has been surrounded by animals; they have been his companions, and they are indispensable to his happiness. He keeps them now, even when they are of no utility to him; and in the city parks are kept deer, swans, and birds of song for the pleasure of the people. In the past, men were generous enough to believe that we would share with them the future; and, even now, the Indian of the plains:

Thinks, admitted to that equal sky,
His faithful dog shall bear him company.

One of your own poets, while speaking our praises, bears testimony to the indispensableness of our presence and our companionship to man's happiness—an indication that, if man is immortal, we, too, are immortal:

I think I could turn and live with animals, they are so placid and self-contained;
I stand and look at them sometimes for an hour at a stretch;
They do not sweat and whine about their condition;
They do not lay awake in the dark and weep for their sins;
They do not make me sick discussing their duty to God;
Not one is dissatisfied—not one is demented with the mania of owning things;
Not one kneels to another, nor to his kind that lived thousands of years ago.

BEHIND THE COUNTER.

No. 2.

The morning of the second day I was at my post bright and early, and after occupying my peg, I proceeded to put things in order in my department, when my superior put in an appearance and complimented me upon my aptitude in the business. Her few words of commendation gave me great encouragement, and I could but reflect that much of our successes in life are due to some "little word in kindness spoken" at the moment of greatest need.

My superior then called me to her side and placing in my hands a regulation sales book, remarked, "This is yours, and this is you," pointing to the figures 91 below the word "basement," on the cover. "We all hang our baptismal names on our peg with our hats and wraps," said she, "to resume them on leaving. You will call me 13, the unlucky number not altogether misplaced."

In my intervals of leisure I busied myself with making a nearer acquaintance with the multitudinous wares committed to our charge, and felt no little pride on making my first sale, and committing it with my leaflet memorandum to the active little messenger girl who responded to my authoritative call of "Cash! cash!"

Soon afterwards there was a demand for 91 to repair to the accounting desk. On presenting myself I was shown my long column of figures, and told to add them up and set the total plainly underneath. This in my haste I had neglected to do, being over anxious to complete the transaction, unassisted by No. 13, who was temporarily absent, but being a raw hand I was not subjected to a fine to which I had laid myself liable under the rules. Indeed, I soon learned there was a system of fines for minor offences and misfeasances, covering so many points that their unsparing application sometimes consumed the greater share of the unfortunate's weekly salary. Gathering in knots and whispering or giggling was an infraction of rules most commonly infringed by the younger members. Quoting from my note book of this date, I read as follows: "We had quite a commotion at our bargain counter to-day. A woman made a small purchase, and on looking for her money, declared she laid it on the table for me to send with her purchase to the package room, and on being assured that I had not seen it, accused a lady who stood near her of its theft. She made a great time over her supposed loss, which brought that much dreaded individual, the floor walker, into requisition, and whilst he was hearing

her story there was a metallic ring upon the floor. It proved to be her stray half-dollar, which had somehow secreted itself in her clothing." It is needless to say that both the accused lady and I were fully exonerated, but my customer was so overwhelmed by her own witness, that with a significant toss of her head, she left the seat of war without completing her nine cent purchase. I afterwards learned that such scenes were not unfrequent.

Before leaving the store on my second day, I was furnished with a tell-tale key as we call it, which on being inserted into its appointed clock-work monitor, registers the exact time of its possessor's morning appearance, a duty enjoined upon all peg holders. There is no lack of daily prayers for this much abused machine to retire from business. I was informed that there were four of them, accounting from the numeral one to some fifteen hundred. Some of the more profane among the male help have dubbed it "the little cuss," and now and then one is discharged for tampering with it. PAULINE.

RURAL LIFE.

Rural life, country life and farm life are synonymous terms. Each one means life in the country, and life in the country means a great deal more than mere existence. It is varied and abundant, full and complete. The earth and air are full of life, and both earth and air with pleasant sounds are rife. In the country are all varieties of fowls and animals. Among the serviceable, the horse—man's inseparable companion. Who does not admire his fine form, beautifully molded limbs, arched neck and long, flowing mane? Too much cannot be said in his favor. The mule, so well adapted by his strength to farm work. The donkey, whose slowness makes him a favorite with a novice in horsemanship. The ox, whether harnessed to the plow or drawing a heavy load, bends his neck beneath the weighty yoke, while his parting hoofs press into the ground, his nostrils dilate, and his eyes seem almost starting from their sockets, but he patiently performs his work.

Among the useful, the cow—one of the choicest blessings to man. The sheep, true type of innocence, its bitterest complaints only expressed by pitiful bleatings. The goat, useful for different purposes, and the hog, which is indispensable. Fish—a fish pond an ornament to any farm.

Among the domestic fowls, ducks and geese, their flesh an excellent food and their feathers good for beds and pillows. Chickens around

every door. Guineas, their speckled plumage very beautiful, and there is something almost sublime in their single note. The turkey, crowning adjunct to the festal board! The peacock, and who does not admire his gorgeous beauty? Proud bird! Is it vain from a sense of its beauty? Among the house animals, the cat and dog.

Life in the country is life among living landscapes. Fields of grain, over which shimmering waves follow each other in quick succession, are spread out to feast the eye. Dark green fields of rustling corn delight both eye and ear. Fields of rank clover, where humming bees gather sweets all the day. Rich green pastures, where grazing flocks and herds roam in happy freedom. We hear on every hand the hum of labor; the whizzing and whirring of machinery; the creaking wagon, crack of whip and hello of the teamster; the bleating and lowing of flocks and herds and the tinkle of bells.

The forests make up a wonderful part of the beauty of the country. How delightful to roam into their depths, the home of the birds, and listen to their sweet music! To hear the soft zephyr sighing among the trees and catch the low, wailing sound as it dies away in the pine tops. To listen to the chirp and chant and songs of insects. To gather flowers and ferns. To watch the nimble squirrels skip from branch to branch of the trees, undisturbed by our almost noiseless tread over the leaf-carpeted ground.

How sweet to wander at eventide across the meadow and down by the river's side, and there to sit and listen to the rushing, roaring river, and, on our homeward way, to stroll along the murmuring little stream that skirts the meadow, and return when twilight is deepening.

O give me a home in the country,
Where the air is fragrant and free;
Where the first pure breathings of morning come
In a gush of melody,
Where day steals away with a young bride's blush
To the soft green couch at night.
And the moon throws o'er with a holy hush
Her curtain of gossamer light.

WHEN TO MARRY.

BY S. H. PRESTON.

Physiology proclaims the proper period to be when the parties have reached the full measure of natural growth—when the physical system has become perfected. Premature marriages are becoming notoriously

common in our country. American youth are growing extraordinarily precocious, and girls and boys are rushed into fictitious maturity. As a consequence, sound health among the married, beauty and vigor among the offspring, are becoming more rare with each generation.

Physiology protests. It declares that immature parents cannot transmit to progeny the proper physical or mental power. The fruits of early marriages lamentably illustrate how the ignorance and iniquities of parents are visited upon the children.

Look upon the poor, pale, puny progeny of very young parents—see withered, fragile girls, feeble in body and imbecile in intellect anything but objects of parental pride and joy—see slender, loose-jointed, broken down boys who look as though they were brothers of their father! Every day's experience verifies the fact that the children of the early married are deficient in both body and brain, and generally die young. It has passed into a proverb that "the youngest children are the smartest."

The commonest clodhopper does not expect a good crop from unripe seed. No sensible farmer ever hoped for a paying crop from unripened seed corn. O, that parents and society would exercise as much sound sense in raising children as corn! That they would show as much science and philosophy in propagating the "human form divine" as potatoes! Every stock breeder knows that cattle which are the product of parents one or two years old are not as large and fine and kind as those of fully matured parents. And it is high time that as much common sense should be brought into requisition in the raising of children as of cattle.

The whole history of human genius and greatness is in favor of late marriages, as see the few following facts:

Pitt, Fox, and Burke, were each the youngest child of their respective families. Benjamin West was the tenth child of his parents. Daniel Webster was the youngest by a second marriage, as was also Lord Bacon. Franklin was the fifteenth child of his father and the eighth of his mother; and further, he was the youngest child for five successive generations on the side of his mother. Dante was born of his father's second wife, Bella. Lorenzo de Medici, "the magnificent," was a second son. Mirandola was a younger son. Luigo Pulci was the youngest of three brothers. Tasso was the third child. His elder brother died young. Oliver Goldsmith was the youngest of five children. Coleridge was the youngest of a clergyman's numerous family. Schiller was a

younger child. Robert Fulton was the third child. Richelieu was the youngest of three sons. Lord Eldon was the eighth child by a second marriage. Mirabeau was the fifth child. Oliver Cromwell was a younger son. Queen Elizabeth was born when her father, Henry VIII., was forty-two years old.

Nearly all the sovereigns of England distinguished for great abilities were younger children, or born of mature parents. Leibnitz was an only son of his father by a second wife. Lichtenberg, the great mathematician, was the eighteenth child. Charles Lamb was the youngest child, having a brother twelve years and a sister ten years older than himself. Stilling was the youngest of ten children. Madame Roland was a second child. William Wirt was the youngest of six children. Oberlin was the youngest of nine children. Richard Watson was born when his father was sixty years of age. And so on.

These instances are sufficient to show that robust children and those gifted with genius generally come from parents organically matured and with constitutions consolidated.

SQUINTING.

Each eye has six muscles, whereof two are used and placed just like the reins of a horse in harness. A frequent cause of convergent squint is paralysis of the external "reins," or rather, of the sixth nerve which regulates them. In this case there is nothing to oppose the two internal reins which lie on the sides of each eye nearest the nose, and consequently the eyes are drawn inwards. Let the child look at some object well on its right; the left eye will turn in towards the nose; but if the right eye cannot get out farther than the middle line, so that it looks straight forward while the left eye looks strongly to the right, then we may decide that there is a paralysis of the external rectus of the right eye. A similar test made by looking at an object well on the left will show if there be paralysis of the external muscle of the left eye. If no paralysis be thus revealed, the squint is probably due to over-contraction of the internal muscles. The other cause is, however, the most likely one, for it is not uncommon, is very noticeable, and may well be a sequel of whooping cough. Another possible cause is long sight. The effort to focus on a near object is always naturally coupled with convergence of the eyes on that object. In long-sight an over-effort is required, and an over-convergence of the eyes, which amounts to an inward squint, is the consequence. But this squint is not very

noticeable, nor would it be connected with the whooping cough, though it specially affects young children. The foregoing is the best information I can give on this subject, and I regret that I cannot go on to advise some treatment. Except in those cases that get well of their own accord (and as six years have elapsed this does not seem to be one of them) the treatment requires the aid of an ophthalmic surgeon. In some cases prismatic lenses are prescribed ; in other cases the long-sight must be corrected by suitable spectacles ; in others, a tendon is divided ; in others, the muscles are "advanced" or re-adjusted. If the patient live near Birmingham take her to the eye-hospital, if in London get a recommendation to Moorfields.—R. A. CHUDLEIGH, M. D.

HOW TO RESTORE DROWNING PERSONS.

Every body may be called upon at any season of the year to afford assistance to drowning persons while the doctor is being sent for, and Professor Laborde's simple method for restoring breath when all other means have failed deserves to be universally known. A Paris correspondent tells us that the other day, at a watering place in Normandy, two bathers, a young man and a boy, who were unable to swim, went out of their depth and disappeared. They were brought on shore inanimate, and were taken to the village. Two doctors were sent for, but the young man gave no sign of life, and they declared he was dead. M. Laborde, who was fishing at half-an-hour's distance, came up as soon as he heard of the accident. He examined the body and found that the extremities were cold and the heart had stopped. Then, taking hold of the root of the tongue, he drew it violently forward, giving it a succession of jerks in order to excite the reflex action of the breathing apparatus, which is always extremely sensitive. At the end of a few minutes a slight hiccough showed that the patient was saved. In addition to the usual restorative means, Professor Laborde, in extreme cases, rubs the chest with towels soaked in hot and nearly boiling water, although the skin is blistered by this.

TO BOYS WHO SMOKE.

If boys who smoke would only be sensible and see the folly of it, how much better it would be for them and others ! Can you not see, do you not know—that you are going through a great deal of misery to do something you do not really like ? You are enduring, with a

patience worthy of a better cause, the sufferings of a martyr, in order to acquire a useless, bad habit ; and trying to cultivate a taste that makes you sick. Why should you treat yourself so meanly ? You know perfectly well that you do not smoke because you enjoy it. It is only when you think some one (but assuredly not your parents) is looking at you. You always do this with an air of intense self-consciousness. Every body, including yourselves, know that you are on exhibition. And it is such a pitiable, cheap show, too. You think people are admiring you, which they are not. Why, so far from exciting admiration in the minds of the beholders, if you boys could hear the remarks which people make when they see you smoking, you would never again try a cigarette where human eye could perceive you. Moreover, it makes you disagreeable company. When you bring into society the horrid taint of stale tobacco in your hair and clothes, your absence is always more gratefully welcome than your presence. So don't smoke boys. It makes you stupid, so it does not help you in your studies. It is injurious for the heart, so it does not aid you in athletic sports. It does not do you one particle of good ; it makes you appear silly and ridiculous ; it is as disagreeable and offensive to yourselves as it is to any body else ; you do not get a bit of comfort and real pleasure out of it, and you all know it ; so pray do not smoke !

DUST.

It would be well if we could all examine enough specimens of air under the microscope to be able to call up ever afterward vivid pictures of its contents. We would then see the cloud of dust arising from every footfall in a carpet, springing up from every cushioned chair when its occupant leaves it, and flying out from unbrushed clothes and dirty boots. Had we these microscopic eyes to see our real surroundings certain reforms in our households would not be so delayed. There would soon be an end of nailed down carpets that are taken up and beaten but once a year. We would buy very little upholstered furniture, and what we had would be beaten and brushed out of doors much oftener than it now is. We would have no heavy hangings to catch and hold the dust, and, unseen, foul the air at every movement. Our furniture, especially of bedrooms, would be smoother of outline, with fewer dust catchers. We would more intelligently direct our house builders, requiring for one thing perfectly fitting floors, and, for

another, fewer mouldings and projections too high to be conveniently cleaned every day, but sure to send down upon us their accumulations at every closing of a door. We should learn that a sweeping is not to be done indoors, but out, the floor covering to be removed for the purpose, and that the removal of dust does not consist in stirring it up only to settle again, but in wiping it up with a slightly dampened cloth, which shall carry the dust with it out of the room. And it is really true, good housewife, that this system, once set running in your house, requires no more labor, take the whole year together, than your present way, and you will be clean all the time instead of once or twice a year.

THE BABY'S AIRING.

It is well to send the babies out for an airing every day, if they are confided to competent hands. But often baby's tender little body is jarred and wearied by being rattled over a rough road, bounced into and over gutters, and thumped over crossings at headlong speed, until it receives more harm than good from its outing. Almost every one knows what a difference there is in drivers; how one man will, however easy the carriage, take you to your journey's end feeling that you are black and blue from jolting about while another will avoid every loose stone and moderate his speed at the rough places. Be sure that babies suffer quite as much as their elders from unskillful charioteers. It is perfectly easy to guide a child's cab over a gutter without a jar, but it is seldom done by a servant, and often not by mothers themselves. Not only are the little ones jerked and bumped along in this tiresome fashion, but they are kept hours in their carriages without change of position, getting benumbed and cold in consequence. This is quite wrong. Young infants should take the air in the arms of an attendant. Very serious evils result from subjecting their tender bodies to jars.

WATER AS A MEDICINE.

The human body is constantly undergoing tissue change. Worn out particles are cast aside from the system, while the new are ever being formed. Water has the power of increasing these tissue changes, which multiply the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are

removed. Any obstruction to the free working of natural laws at once produces disease, which, if once firmly seated, requires both time and money to cure. People accustomed to rise in the morning weak and languid will find the cause in the imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night, and leaves tissue fresh and strong, and ready for the active work of the day. Hot water is one of the best remedial agents. A hot bath on going to bed, even in the hot nights of summer, is a better reliever of sleeplessness than many drugs. Inflated parts will subside under the continual poulticing of real hot water. Very hot water is a prompt checker of bleeding, and besides, if it is clean, as it should be, it aids in sterilizing our wounds. A riotous stomach will nearly always gratefully receive a glass or more of hot water.

BEEF TEA.

Prepared by a trained nurse is as follows:—Cut up 2 lbs. of lean, juicy sirloin steak into pieces about two inches square. Grease a saucepan lightly with butter, which place over a very hot fire of red coals, and as soon as the pan is hot toss the beef in. Turn the pieces over and over with a fork, letting them brown slightly on each side; there will be scarcely a drop of juice in the pan while this is being done, so quickly does the heat accomplish its work. As soon as the pieces are heated through, take them out one by one and rapidly squeeze them through a wooden lemon squeezer (which must be standing in boiling water) into a bowl which has been well heated. Put a small pinch of salt into the juice and cover the bowl well over to preserve the heat. This manner of preparing beef tea is most valuable when it is required at once—taking only a few minutes to make, and the entire strength of the meat being extracted.

GRUEL.

To make barley gruel, boil 4 oz. of pearl barley, or 1 teacupful in 3 cupfuls of water; boil it down to one quart. Strain and return to saucepan; grate into it a little cinnamon, if you like, and sweeten; add from one-half to three-quarters of a pint of fresh milk; warm up and use as wanted. For rice gruel take 2 tablespoonfuls of rice, 6 tablespoonfuls of cold water, 1 1-2 pints of new milk. Wash the rice

and soak it in the cold water one hour. Put it into a double kettle with the milk and cook until the rice is well done and strain through a wire sieve. It can be sweetened if desired. Or a thin batter can be made of ground rice and milk, stirred into a generous pint of milk or water, and allowed to boil ten or fifteen minutes. In case of summer complaint brown the rice in the oven before cooking. To make gruel for the very delicate take a heaping teaspoonful of pearl tapioca, to one quart of water. Wash the tapioca and put it into the water cold, and let it come to the boiling point slowly. Let it boil gently until the tapioca is very soft. Strain it and add a little salt and cream if the patient can take it. This gruel is relished, and has proved beneficial where all other nourishment has been rejected. In case of bowel troubles, the addition of raisins in the proportion of a tablespoonful to a cup of milk cooked in the milk, is of value.

MESMERISM EXTRAORDINARY.

The following is from a Dalziel telegram, published in the *Daily Chronicle*, and other morning papers :

This morning, at the Charite Hospital, the series of experiments which are being made by Dr. Luys of the "exteriorization" of the human body were continued. Thanks to the kindness of Dr. Luys, a Dalziel representative was allowed to be present at the seance. So complete was the exteriorization of the subject that Dr. Luys was able to transfer a woman's sensibility into a tumbler of water. The tumbler was then taken out of sight of the hypnotized person, and the representative was invited to touch the water, and as his hands came in contact with it the woman started as if in pain. This experiment was repeated several times, the requisite precautions being taken that the hypnotized subject should not see the contact between the hands and the water. The water retained the sensibility a considerable time, and if drunk before the sensibility is exhausted, the patient falls into a deadly swoon. Dr. Luys was also able to confirm the wonderful discovery made by Colonel Roche, administrator of the Ecole Polytechnique, who found it was possible to transfer the sensibility of a hypnotized person to the negative of a photograph of the subject, and that the subject not only felt but showed signs of any mark made on the negative. Supposing, for instance, a scratch was drawn with a pin across the hand on the negative after it had been charged with sensi-

bility, the subject would shriek with pain, and a few instants later a mark similar to that made on the negative would be visible on the hands of the subject. Dr. Luys tried the experiment to-day several times with an extraordinary sensitive subject now at the Charite, and each time with considerable success. The experiments are creating a great deal of interest in the scientific world.

THE AGE OF THE EARTH.

Geologists have ascertained that the rate at which erosion takes place can be measured; by applying their scale to the sedimentary rocks they have formed a hypothesis as to the time which has elapsed since erosion began.

The stratified rocks attain an average thickness of 100,000 feet. The material of which they consist was all washed down from high planes, deposited and left to stratify. By the inspection of river banks it is found that in places the surface of the land which has been carried down as sediment in rivers has been reduced at the rate of a foot in 730 years, while in other places, where the land was more stubborn or less flexible, it had taken 6,800 years to lower the surface one foot. The deposit must be equal to the denudation.

We find that while some of the sedimentary rocks have grown a foot in 730 years, others have taken 6,800 years to rise that height. Thus the period of time that was required to build up 100,000 feet of sedimentary rock has varied according to locality from 73,000,000 years to 680,000,000 years. It follows that the active work of creation lasted for a cycle intermediate between these two figures. The cycle varied with endless succession of periods of disturbance by volcanic force and glacial action, and the frequent submersion of dry land, alternating with the emerging of continents out of the seas. These may have retarded the growth of sedimentary rocks, but they cannot have accelerated it.

A study of fossils teaches the steady uniformity with which the work of creation proceeded. Since man began to observe there has been no change in the forms of animal and vegetable life. A few species have disappeared—not one new species has been evolved. Not only do we find the fauna and flora of ancient Egypt as depicted on monuments which are probably 8,000 or 10,000 years old, identical with those which are found in that country to-day, but shells which inhabited our

seas before the ice age and grew in an ocean whose bed overlay the Rocky Mountains are precisely the same species that are found in the Bay of Monterey and the waters of the Chesapeake. It is evident that there has been no essential change in the conditions of life since these animals and these vegetables were first created, yet how vast the shortest period that divides us from that remote epoch !

MANNERS FOR CHILDREN.

There are few portions of household training that are more neglected than the education of children in the habits of eating. In the family it is the easiest thing in the world to grow careless or indulge in various practices not permissible in polite society, but, all the same, these habits are formed, and the children, as a natural consequence, grow up in such ways. It is small wonder that when they find it necessary to go out into the world they are obliged to have a thorough course of training to unlearn the habits of early life.

The only excuse for this is when the parents are themselves totally ignorant of the proprieties of life. It is a poor comment on bad manners when a young person in response to reproof says : " We always did so 'at home." And no parent should permit it to be possible for the child to cast any such reflection on the guardian of its tender years. It is comparatively easy, ~~once~~ the habit of discipline is established, to compel the observance of the rules that govern good society. If parents do not know them, they should realize the necessity of learning them before they attempt the training of little children.

It must be a very unhappy reflection to father and mother when they come to comprehend the fact that their children are in disgrace because of lack of correct teaching. But this is often the case, and, though children rarely accuse the parents of being the cause of such unpleasant consequences, there are many instances where young people feel it keenly.

It is unquestionably the fact that a good deal of what is complained of by parents as neglect on the part of children comes from the feeling that they have been allowed to grow up in ignorance of many things which they should have known, and have experienced so much annoyance and discomfort on this account, that they feel sensitive and sore of spirit in consequence.

It is natural enough to feel a certain degree of resentment toward those who are the cause of serious unhappiness or social disgrace, or

whether it is the parent or some one else seems to make no difference ; indeed, the responsibility which attaches to that relationship but increases the discomfiture.

Social etiquette classes for the mothers of families might be a departure, but they certainly would be a lasting benefit to the rising generation.

A FRAGMENT FROM THOMAS CARLYLE.

The reminiscences of this distinguished philosopher and author, written sixty years ago, contain the following pathetic words recalling his deceased father : " I shall now no more behold my dear father with these bodily eyes ; with him a whole threescore and ten years of the past have doubly died for me. It is as if a new leaf in the great book of time were turned over. Strange time—endless time ; of which I see neither end nor beginning. All rushes on. Man follows man. His life is a tale that has been told ; yet under Time does there not lie Eternity ? Perhaps my father, all that essentially was my father, is even now near me, with me. Both he and I are with God. Perhaps, if it so please God, we shall in some higher state of being meet one another, recognize one another. As it is written, we shall be forever with God. The possibility, nay, in some way the certainty, of perennial existence daily grows plainer to me. ' The essence of whatever was, is, or shall be, even now is.' God is great. God is good. His will be done, for it will be right.

As it is, I can think peaceably of the departed love.

All that was earthly, harsh, sinful in our relation has fallen away ; all that was holy in it remains. I can see my dear father's life in some measure as the sunken pillar on which mine was to rise and be built. The waters of time have now swelled up round his (as they will round mine) ; I can see it all transfigured, though I *touch* it no longer.

I might almost say his spirit seems to have entered into me (so clearly do I discern and love him) ; I seem to myself only the continuation and second volume of my father. These days that I have spent thinking of him and of his end are the peaceablest, the only Sabbath that I have had in London. One other of the universal destinies of man has overtaken me. Thank heaven, I know, and have known, what it is to be a son ; to love a father, as spirit can love a spirit. God give me to live to my father's honor and to His. And now, beloved father, farewell for the last time in this world of shadows ! In the world of realities may the Great Father again bring us together in perfect holiness and perfect love ! Amen !"

MISCELLANEOUS.

THE VENDETTA IN CORSICA.

The cross is a threat of death, and the Corsican who finds it drawn upon his door knows that he must look for no quarter. In decrees forbidding the carrying of arms in certain districts, exception is officially made in the case of persons notoriously *en état d'inimitié*. The vendetta neither sleeps nor knows where it may stop. It is not confined to two persons. The quarrels of individuals are taken up by whole families. Not even collateral branches are exempt, and women must take their chances with the men. Indeed, revenge is more artistically complete when the blow falls upon the beautiful and gifted. In 1856, one Joseph Antoine injured a girl named Sanfranchi. Thirty years passed and the story was forgotten, but on August 14, 1886, the nephew Sanfranchi encountered Antoine on perhaps the first occasion he had ventured far from his house. He shot the man down like a dog.

Threatened persons remain shut up for months or even years in their houses, built as all Corsican houses are, like a fortress. If they wish to go out for a moment to breathe the fresh air on the threshold, a scout goes before and reconnoiters. In the district of Sartene bands of armed men are sometimes met with in the road. It is a man *en inimitié* traveling from one village to another. The vendetta between the Rocchini and the Tavan resulted in the death of eleven persons and the execution of one of the principal criminals. In this extraordinary case two entire families took to the *marquis* and waged a guerrilla war upon each other; each in turn was assisted by gendarmerie, who had made disgraceful alliance with bandits in order to effect their arrests.

Contrary to custom, some of these bandits became brigands. As a rule persons outside their quarrel are never molested by them. They are merely outlaws. The Rocchini who was guillotined in 1888 (the first execution for many years) boasted that he was only twenty-two and had killed seven persons with his own hand. Confident of reprieve, he continued to regard himself as a hero until the day of his execution. When all hope was gone he sank into the most abject state of cowardice, which lasted until the end.

APACHE ARROW POISON.

L. B. Hawks, recently in the U. S. Government Indian Service in Arizona, gives a description of the manner in which some of the braves in the Apache region prepare their deadly arrows. Although the Apaches have had little or no use for their poisoned weapons for years, still they, because of a tribal instinct, each summer go through a preparation of their arrow tips as carefully and methodically as though an old time war were at hand.

This work on the arrows is one piece of labor that the Indian brave will not leave to the squaws. He gathers a dozen or more rattlesnake heads and puts them in a spherical earthen vessel. With these he puts half a pint of a species of large red ant that is found in many parts of Arizona. The bite of this ant is more poisonous than that of a bee. Upon those he pours a bit of water, and then seals up with moist earth the lid of this vessel. He then digs a hole two

feet deep into the ground, in which he builds a roaring fire and puts in some stones. When the interior of the hole and the stones are red hot he makes a place in the bottom for the earthen vessel and puts it in. About it and upon it he puts the coals and hot stones and upon the top he builds a fierce fire and keeps it up for twenty-four hours. Then he digs out his vessel, and, standing off with a long pole, he disengages the top and lets the fumes escape. The Indian insists that if the fumes should come in his face they would kill him. The mass left at the bottom of the vessel is a dark brown paste.

To test the efficacy of his concoction, Mr. Hawks has seen an Indian with his hunting knife make a cut in his leg, just below the knee, and let the blood run down to his ankle. Then taking a stick, he dipped it into the poison and touched the descending blood at the ankle. It immediately began to sizzle, as if it were cooking the blood, and the poison followed the blood right up the leg, sizzling its way, until the Indian scraped the blood off with the knife. The savage assured Mr. Hawks that had he allowed the poison to reach the mouth of the wound he would have been a dead man in twenty minutes.

AN INGENIOUS DEVICE.—Dogs are not partial to muzzles, but an artist recently invented a muzzle for his dog which in no way disconcerted the animal. He painted a representation of a muzzle over the dog's head so cleverly that all the policemen were deceived by it. The fraud was discovered by an old lady whose pug dog hated a muzzle so much that she allowed the animal to roam about without one. When the police captured her dog, the lady complained that the painter's dog went about without the customary head gear. The policeman assured her that the artist's dog was always muzzled, and was petrified with astonishment on learning that the muzzle was simply painted on the dog's head.

WILL OUR SUN BURN UP?—Thousands of curious and ingenious theories have been brought forward to account for the fact that the sun although he has whirled his burning disc across the heavens for untold ages, continues to burn without his bulk, as far as we can tell, being lessened in the least. Some learned men believe that the sun is a monstrous ball of gas, but even a ball of gas of the size the sun is known to be would be entirely consumed in the course of a very few thousand years, to put it at the utmost limit. Others, again, tell us that the fires of Old Sol are kept up by the remains of wrecked worlds, which are constantly plunging into his great seas of gas. One of the most eminent astronomers of the age, in giving his opinion on this last conclusion, says that if a mountain range, or a section of a "wrecked world" 176 cubic miles in extent were to fall into the sun it would only be sufficient to maintain the present heat for a second.

COUNTRY GIRLS.—If your lives have fallen into some quiet, unpretentious place, do not complain that it is dull and commonplace, and that "there is nothing to live for here," as so many do. Why, there is no place on God's earth so bleak and barren, so quiet and lonely, so wind-swept and rain-beaten, but that there is a great deal to live for there, and when you have grown a little older you will see it with clear eyes; and you will look back to the country village and wish—oh, how you will wish!—that you had been happy and content in

that simple life. You will know, then, that it is nobler to live well a humdrum life than to wear out body and mind and soul in a fever of gaiety and frivolity, and to stretch out your empty hands always to something you cannot seize. Better to sing babies to sleep in the soft twilights that fold down over a cottage home than to loll in cushioned carriages and laugh at the brainless nonsense that may be whispered into your ears. And better, far better, to dwell for ever away from the lights, and the roar, and the temptations, and the sins of the city, with a clean heart and a pure soul than to let the city's passionate unrest creep into your pulses and set them to beating in a mad chase after—death.—*Farm and Home, Eng.*

OUTRAGES UPON NATURE.—No lady can be really well clothed if her dress outrages nature's intentions in the structure of the human frame. Such outrages are, a waist like a stove-pipe, shoes that compress the toes into a cramped mass of deformity, and, it might even be added, gloves that confine the hand till it looks little better than a fin; the foot is irredeemably ruined to the destruction of spring and grace in movement, and to no inconsiderable injury to health. No doubt the crumpled clump of deformity common from wearing modern abominations is a thing an ancient Greek would have shuddered at.—*Prof. Geo. F. Watts.*

Ladies talk much of visiting the dwellings of the poor in order to teach and preach to them the ordinary rules of sanitation; let us hope the short skirt worn by the poorer classes may be a lesson of cleanliness and sanitation to the ladies themselves.

The *Pittsburg Dispatch*, in commenting on women's fashions in dress, thus hits off long skirts for street wear: Dark trimmings at the bottom of skirts are stylish now. No Pittsburg lady need be out of this fashion after walking two blocks!

"Now that I have my bran-new train,"

She said with joyous smile,

"I think I'll take a little walk

And clean the streets awhile."

LITERARY.

ÆDICOLOGY.—A TREATISE ON GENERATIVE LIFE. St. Clair Publishing Co., New York.

The above is the title of a 4to of 260 pp, on the "Hygiene and Physiology of Generative Life." By Sidney Barrington Elliot, M. D., of Louisville, Ky. The dedication is in these words. "To all who wish to bring into the world healthy children, physically and mentally, and live pure, natural lives, this book is dedicated."

The work is in three parts, and abounds with citations illustrative of the points maintained in the text. As an ethical and hygienic guide from A to Z, it is sure to take rank as a valuable addition to this class of literature.

SECOND AND THIRD ANNUAL REPORTS OF THE STATE BOARD OF HEALTH OF FLORIDA.

We are indebted to Joseph Y. Porter, M.D., State Health Officer, for the above documents, giving a tabular statement by months of the number and

causes of death in that far off land of flowers, wherein to our surprise, consumption holds the lead, followed closely in the race by typhoid fever.

TWENTY-SECOND ANNUAL REPORT OF THE MIDDLETOWN STATE HOMEOPATHIC HOSPITAL, Middletown, N. Y.

We are indebted to Dr. Selden H. Talcott, Medical Superintendent, for the above report of this admirable institution, admirably sustained in all its departments.

THE ANNUAL REPORT OF THE POST-MASTER GENERAL for the fiscal year ending with June, 1892, is a State document of unusual interest. We learn from it that the Money Order business transacted through the various branch offices has grown to be an institution of vast magnitude. There were issued during the fiscal year 12,000,000 domestic money orders, aggregating over \$120,000,000 in amount, and an aggregate in value of more than \$15,000,000 of foreign money orders.

We have received from the publishers the following contributions in music :

COLUMBIAN EXPOSITION MARCH.—An original composition by Wm. Rohlfing & Sons, Milwaukee, Wis., which our musical critic says is not without merit. He commends it for its simple harmony and omission of that species of musical gymnastics which tears a passion into a jumble of contending demi-semiquavers, and ends in a kind of discordant row.

TRIFETS' MONTHLY GALAXY OF MUSIC FOR JANUARY, 1893.—Trifets' is a publishing house located at 408 Washington street, Boston, whose aim is to furnish music for the million, at prices which the million can afford to pay. Send 25 cents and get \$3.00 worth of instrumental or vocal music, or both.

IT IS NOT MUCH.

It is not much that I can do
 In this great world of ours.
 It is not much! but well I know,
 The tiny drops that fall in showers,
 From thready streams to rivers grow,
 And mighty oceans form below.

And may not I in ways obscure
 Some little seeds of kindness sow,
 That they may reap the harvest sure,
 Whose greater needs from hardships flow,
 And thus life's thorny pathway make
 A little smoother for their sake?

—LA CROIX.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

Vol. 40.

MARCH, 1893.

No. 3.

PHYSICAL NECESSITIES.

Since the decease of so many of our prominent men, in such nearness to each other in point of time, a great deal has been written and published concerning their physical and mental habits, and no little speculation indulged in relative to the causes of their untimely taking off. Mr. Blaine, as we all know, was a hard worker even in private station, and as Secretary of State, his handling of public affairs in the crises of international disturbances, demanded his undivided attention, weighting him heavily with responsibilities inseparable from his office, wherein a single misstep or a blunder might have entailed a national calamity. Whilst his mental capacity was prodigious and kept constantly at a severe tension, his bodily requirements were neglected until it was too late to restore the necessary equilibrium, without which, good health is a thing impossible. The resignation of his office was not followed by that recuperative rest which nature demanded as a condition of future well being.

The leading habit of General Butler was unceasing activity. Ever since the close of the civil war, in which he bore a soldier's part, the requirements of his various professional engagements, involving the gravest interests, have kept him constantly on the go, from one judicial tribunal to another in rapid succession. For him there was no rest. No sooner had he dealt a final blow in the arena of legal combat in one place, than he turned up in another with only a change of armor. As his physical endurance diminished, he resorted to external aids without abandoning the field or laying aside the work-a-day harness, as if the end were far away, and died with the harness on.

We know less about the habits of General Doubleday, whose name has passed into history as a brave and able officer devotedly attached to the Union cause in the ever memorable struggle for national unity.

Bishop Brooks, of the Massachusetts diocese, passed to the other life in the very prime of manhood, beloved by all who had the good fortune to know him. What has been said of him and his work in various secular and denominational organs since his untimely taking off forms a united testimonial to the greatness and goodness of the man in his chosen field of labor, as by a single voice. Men of this stamp constitute the moral wealth of the nation and their lives are too precious to be sacrificed to the demon of overwork.

Jay Gould was a victim to intense mental and physical exertion and overstrain. His unceasing activity, as the organizer and director of great enterprises, undermined a constitution naturally robust and capable of more than ordinary endurance. He toyed with railroads as children toy with games, organizing detached lines into systems that spanned a continent as by a single thread, but it would seem with the sole object of enriching himself, and this he accomplished in a time and to an extent unparalleled in the records of human achievement, and paid the penalty of overwork in an enfeebled constitution and premature death. His unexpected end was a shock to the financial world but beyond that, it made no sound and caused no ripple upon the level waters of common-place affairs. He will be missed in Wall street, but scarcely anywhere else, for he bequeathed of his millions; nothing to charity.

None of these men, so eminent in their respective spheres, died of old age, but rather from the habitual abuse of faculties and organs governed by laws as strict and immutable as is a tree, a flower, or a machine formed by the ingenuity of man. The tree must be fertilized or perish, and the machine continually lubricated or break down, and it is equally so with brain and muscle and nerves.

It is seldom that one, in this haram-scarem age, dies a purely natural death, for a natural death follows upon natural life, and that is next to impossible in view of the artificial ways which fashion and elegance require in a state of what is deemed the highest civilization. The savage, who roams the forest and sleeps in the open air, subsisting upon fruit and nuts and such game as his ingenuity is able to entrap, comes nearer to it than he who dwells in a palace, sleeping in a close room and living upon rich and indigestible food.

We not only require a plain, simple diet served at regular periods, but we should partake of it deliberately and with good cheer. The way of gulping food common to most people, is a sin against one of the simplest rules of health, and it is equally wrong to rush from the table to the workshop, the library or the counting house. There should be a period of rest, if only for a half hour after meals, followed by moderate exercise. Our hours of sleep should be regular and sufficient, and that too, in a well ventilated room.

We all need and must have rest—rest from thinking, rest from labor, rest from everything that wastes the tissues and sends the worn out cells to the surface. Give nature time and opportunity to recuperate her forces and restore her relaxed energies, and she will do it in her own way. You cannot force her to it in your way, or do something else in the same time. She is jealous of her rights and will not yield them however urgent the demand upon her. The whole subject may be summarized thus : Pure air, pure water, healthy food, proper exercise, sufficient rest, undisturbed hours of sleep and suitable clothing. All these without overwork of brain or body, and the rest will care for itself.

BEHIND THE COUNTER.

No. 3.

I have now held my place a whole week, and been fined only once, and that not severely. The girls say that is getting on very well for a raw hand. A queer customer from "ould Erin" elbowed her way to my counter. "Plaze mum, show me the hosses;" she said, addressing me. "The horses?" I repeated, enquiringly. "Shure, mum, the hosses—the hosses," she repeated with emphasis. It was some time before I could be made to understand that it was a clothes horse she desired to be shown, and I could'nt, for the life of me resist giggling in her face as I pointed the way to the wooden ware section, instead of a stable. Even the risibles of 13 were visibly excited, but that watchful monitor of female decorum, the floor-walker, singled me out for a first lesson at twenty-five cents tuition fee.

Thirteen has been very kind to me, and I have learned from her somewhat of her life-history, which I will recount in her own words. "I was the eldest of three sisters, favored with a pleasant home, indulgent parents and agreeable associates. My school days were passed with girls of nearly my own age, whose companionship was all that could be desired. At one of our school festivals I

formed the acquaintance of a young physician, whose attentions then and thereafter, became the subject of no little innocent raillery on the part of my associates. This coming to the ears of my parents, occasioned them no little concern, for aside from the question of diverting my mind from my studies, they had already formed plans for my future which an ill considered alliance would seriously interrupt. In short, I was peremptorily forbidden to receive the attentions of Dr. Fielding as a special visitor, but the doctor was a man not easily dissuaded from pursuing an object wherein his affections were centered. His insistence, which by no means displeased me, gained my consent to an occasional secret meeting which took on a hue of romance almost always welcomed in affairs of this nature, the discovery of which created a family commotion, ending in a breach which to this day has never been healed. I was not even allowed to choose between obedience to parental behests and open revolt, the former being sought to be enforced by physical restraint. At this I became desperate and was easily persuaded to an elopement, which terminated in a marriage with the doctor. From that eventful day the door of my girlhood home has been closed against me, but my married life was a calm and unusually happy one so long as good fortune permitted it to continue.

"The doctor never wavered in his kindly attentions. He rose to much eminence in his profession, and our home, though simple and void of ostentation was an exceedingly peaceful and contented one. The birth of a baby boy during the first year filled to the brim the measure of our happiness. He had attained to his ninth year, a strong healthy lad, well endowed, when a great sorrow clouded our lives. It has never left us. The doctor, in his capacity of Hospital surgeon in performing an autopsy received a slight wound in the wrist, through the awkwardness of an assistant. Little attention was paid to it at the time, but in less than one week he passed to the other life. It was a case of blood poisoning. We laid the form we had learned to love so well, now cold and tenantless, tenderly away with our buried hopes, never to revive in this world. The estate was not large, and it is my sole aim that it shall be no less when my darling boy shall be called upon to take upon himself the part of a man with all his manly life before him. It is for this that I am here, where I am accounted an old maid of most unsocial ways."

It was an idle day; the rain came down in drenching sheets, and the wild winds twisted and hurled it against the great show windows with

fearful energy, and as my friend concluded her painful narrative, I clasped her hand with a pressure that spoke to the heart as no words can speak, and great round tears gushed from her eyes and answered mine in the tenderest communings of the soul.

And so her life goes on from day to day, buoyed by a single hope that centres all her aims.

"While memory watches o'er the sad review
Of joys that faded like the morning dew." —PAULINE.

MOUND BUILDERS.

A skeleton was recently discovered in a mound upon a farm near Frankfort, Ohio. This mound was oval in shape, with diameters of one hundred and ten feet and sixty feet. Its original height was, apparently, about ten feet, but from various causes has been reduced to five feet. Its structure was more or less stratified, and consisted of successive layers of loam, sand, and yellow clay. Several skeletons were found in this mound, but with one exception they were almost entirely decomposed, and crumbled away into dust on exposure to the air. One was that of a man over six feet in height, and the size of the bones showed him to have possessed superior strength. Near the head were found five teeth of a bear and two of a panther. These were all perforated, and doubtless formed a necklace or amulet. On the right side of the skeleton was found a plate of copper measuring six by seven inches; on the left were several articles consisting of two disks of copper joined together by a cylinder of the same metal, forming a spool-shaped body. These objects are very abundant in mounds, and are considered by Professor Putnam to have been used as ornaments and suspended from the ears by cords, traces of which occasionally still remain. A large number of shells was found near the skeleton.

The other skeletons found in this mound showed a remarkable diversity in the method of burial; the greater part of them were interred lying at length; some, however, were placed in a contracted position, the knees being bent up towards the chin. Two among them had evidently been burnt either before or after death. These different forms of sepulture may indicate burials at different ages or by different races, or, more likely, a difference in the rank of those buried; and the presence of the charred human bones points strongly to the existence of sanguinary funeral rites, such as in some savage tribes of the

present day necessitate the sacrifice of human beings to accompany their chief on his journey to "the undiscovered country." The same mixture of buried and burnt bodies has been noticed in certain tumuli in Brittany.

Among other discoveries of the above named explorers was one of the so-called "altars" of burnt clay, which are frequently found in the mounds. It was rectangular in form, with symmetrically rounded corners, and measured thirty by twenty-four inches. In the centre was an oval depression measuring eighteen by twelve inches and four inches in depth. This depression contained ashes and fragments of human bones. Various objects have been found upon these altars, but all bear marks of the action of fire, and were undoubtedly connected with religious or funeral rites.

Among other objects found in the vicinity of the Porter mound was the shoulder blade of some large mammalian animal, more than six inches in length, and pierced with two holes, so that it could be suspended like the gorgets worn by Indians of recent times. There were also found nearly a thousand small pearls, a plate of copper carefully wrapped in cloth, flint hatchets, knives, and arrowheads, and pieces of pottery; but all the discoveries hitherto made throw but little light upon those mysterious people, who, for want of a better name, we call the Mound-builders. While they are apparently distinct from the Indians who occupied the continent at the time of its discovery, they may have flourished in comparatively modern times, perhaps not many years before the coming of Columbus. Their civilization resembles in many respects that of the men of the bronze age in Europe, but with the notable exception that native copper was the only metal used by them. This is found quite abundantly in North America, while the men of the bronze age in Europe seem to have been equally familiar with both metals from the time of their first appearance, and possessed the art of smelting them together into bronze. The American Mound-builders, on the contrary, were only acquainted with copper, and only knew how to hammer it out while cold, and were ignorant of the art of melting and casting. They seem to have been a somewhat settled race, carrying on an imperfect system of agriculture, but extremely warlike, as their forts, battle-fields, and burial places in the Ohio valley indicate. But whence they came, whither they disappeared, or what relation they bore to other races, both on the American and other continents, or the date at which they flourished in the great central valley of the United States,

are questions to which at present no satisfactory answer can be given, and to which it seems very improbable that any answer will ever be found.

TOWN AND COUNTRY.

I.

Town and country people think in a manner essentially different from each other. Their habits, their pursuits, the whole scenery and circumstances of their lives are different ; and hence arises the distinction between their sentiments.

Though these two orders of beings are only fulfilling, each in their own way, a part of the general scheme of mutual utility ; though the country is the grower, and the town the cook, the country the forester and the town the carpenter, the country the raiser and the town the buyer, yet it is curious to see what odd jealousies and invidiousness prevail between them. Country people visiting the town, are sometimes observed to be extravagantly resolute against the weakness of confessing any admiration of the grandeur and fashionable fopperies of the town, though it is quite certain that every ruralist on earth looks to a metropolis of his own as the grand arbiter of fashion and instructor in manners. But yet, when the provincialist comes to his respective capital, watch him as you will, he will not say anything admiringly of it. They compare everything disparagingly with the green hills and shining streams upon which they have been accustomed to look at home. Nay, the country folk will tell you that they perceive the air of the town as soon as they come within a mile or two of it, and are like to die of suffocation till they get out of it again.

Everything, they say, in the way of food, is inferior there, not being raised from the natural pith of the earth, but from wretched chemical forcings ; the big buildings are only big ; all the gentlemen are lawyers, that suck honest men's blood ; and the more common looking people are pickpockets. In fact, all the time that an honest countryman is in town, he is in a state of mingled scorn, terror, and distrust. He walks about the pavements, which hurt his feet dreadfully, because of its wanting the agreeable roughness and tenacity of a country road, glaring with an inapt, foreign, curious look at every window and sign, and evidently laboring under an idea that scores of people are hovering around him in all directions, to play him some mischief, if they can but catch him off his guard.

He complains terribly of the distance from one friend's residence to another, as if he were not accustomed to go three times the diameter of the town occasionally to see a neighbor. And whether he "stays" in a hotel, or "puts up" in a humble inn, it is all one, he is in a perfect agony to be gone. He only takes care first to buy a shawl for his wife, and a few mimic gems, fiddles and picture books for his children, "for they always expect something," he affectionately remarks, and then back he flies to his rustic solitude.

It is curious, on the other hand, to remark the correspondingly strange notions of a city, immured person respecting the country. Almost all know a little of it, but only a little. If they know little, they care less. It is only about the month of July, that, for the first time in the year, you begin to hear the city folks talk of the country. They then suddenly pluck up a kind of tender interest in the welfare of that neglected part of the world. They begin to be anxious about the harvest, upon which they know, for they do know this much, a great deal of their own comfort for the next year depends.

You then hear one person say to another, as they pause to shake hands on the street, "Capital weather this for the country! the wheat must be ripening very fast," or else, if three people meet under some shelter to shun a shower, it is "Very severe plump this, very good, though for the country; shower much wanted." About this time, indeed, the town people become quite magnanimous in the cause of the country.

If they can only conceive themselves that a shower will do any good elsewhere, they will endure bucketfuls on their own persons with the greatest fortitude and patience. The agricultural interest is not at all aware of the real depth of concern which the commercial world takes in their business at this time, what kind of inquiries are made after the prospects of the season, what fond wishes are breathed for propitious weather, what anxiety is expressed about the progress of the harvest.

If any man has been a few miles out of town, and can tell something of the appearance of the fields, the hum at a dinner party subsides in order to hear what he is saying to a gentleman across the table, respecting what he has seen out of doors.

"A field of barley cut down, sir, last Wednesday, at M—— the first of the season—reaping expected to be very general next week. All owing to the fine weather in May. Farmers say they have not known a

heavier crop since the eighty-six. New oats are expected at B—— market on Thursday." And then every man eats his dinner with a gratulatory relish, springing from the assurance that "things are all well in the country."

Even among humble artisans who hardly ever see ten inches of blue sky, an interest of a most profound character is felt respecting the harvest; and it is amazing how well they are acquainted with the technical provincial phrases appropriate to the subject. The measure and price of meal is to them a matter of the keenest and most immediate interest; and they are political economists enough to know how intimately that matter is connected with the appearance of the fields in July.

KIRKE WHITE.

To be Concluded.

DIPHTHERIA.

Concerning the management of a case of diphtheria, so far as that may fall within the domain of the parents, the following few rules, while not incorporating all, are still the most important for preventing the spread of this dreadful disease, and my earnest advice to every mother is to study them carefully, and preserve them for future reference.

First, strips of linen or cotton fabric, about eight inches wide, folded several times, and long enough to reach from ear to ear, should be rung out of ice water (if in winter) and if in summer put directly upon ice, and then applied externally directly to the throat, and as fast as one cloth gets warm another should be ready to take its place. If the child complains of being cold, its feet and hands should be bathed in as hot water as it can stand. When the child is very young, it may be readily ascertained if it be cold or not by feeling its hands and head. Under no circumstances should hot applications be made to the throat. If the child is old enough it may be given broken ice to suck constantly, even if the water is spit out. The cold applications inhibit the growth of the microbes. The patient's hands should be washed frequently—and here let me say so should those of attendants—and the vessel used for the purpose should not be used by any one else. The patient's clothing needs protection in front. This may be done by pinning back of the neck a large piece of linen or cotton fabric, which will cover the whole front of the child and reach as far as the knees. A material should be used which can easily be boiled or burned when soiled. The

little patient, if old enough, will want to spit, and for a spittoon a small wooden box with an inch of sawdust on the bottom, is capital. Fresh sawdust should be supplied at least once a day—three times a day would be better—and that which has been used should be emptied upon a good, hot fire, and thus burned at the time the change is made. If there are any flies about, the box should be kept covered, and, as a matter of course, only uncovered when the patient desires to spit; otherwise, the flies alighting upon this spittle would carry the germs of the disease with them, and then alighting upon the family's food and drink, necessarily infect them, and thus indirectly infect the whole family. This is by no means chimerical, but a well established fact.

All clothing and bed clothing that come in contact with a diphtheria patient contain the germs of the disease. For this reason all such clothing should be disinfected, and aired or washed before it is used again.

What is said of diphtheria is also true of scarlet fever and measles. The contagion of these diseases is in proportion to the severity of the case from which it comes. The less care given to ventilation and general cleanliness, the more active does the contagion become; but the contagion from a very mild case may cause very severe and fatal cases.

Both diphtheria and scarlet fever may be caused by milk poisoned with the germs of these diseases. There are on record at least fourteen epidemics of diphtheria caused by milk.

In only one of these epidemics did any of the attendants about the dairies have diphtheria before the disease broke out among the customers. In one instance it broke out among the dairy hands and the customers at the same time. In five of these epidemics the dairies were in very unsanitary conditions; untrapped or open drains allowed noxious gases to reach the milk and milk pans. In this way a small amount of the contagion got into the milk and developed so rapidly as to infect a great many people.

FREE OR FORCED VACCINATION.

We admit that a vaccinated majority is competent to say to an unvaccinated minority, "We regard you as a public danger, and if you mean to dwell among us we require you to be vaccinated." We admit, too, that if the case in favor of vaccination were established beyond a doubt, the vaccinated majority would be almost justified in their act of apparent tyranny. At one time, years ago, I went very carefully over the ground of this controversy, and I found that the history of

the discovery was such as to produce a strong conviction of its value. It seems that farm laborers were the discoverers of vaccination, and that Dr. Jenner having received it from them, introduced it to the world. The Gloucestershire diarymen had observed from time immemorial that their cows were liable to a pustular eruption, and that the milkers who caught this "cow pox" were proof against small-pox.

In the year 1796, Dr. Jenner was called on to inoculate a boy named Phipps with small-pox, as was then customary. He was, however, permitted by the parents to inoculate him first with cow-pox, and, after a due interval, an attempt was made to give the boy small-pox, which he successfully resisted; and a number of others subsequently underwent the same process with similar success. For a while everything tended to add repute to the operation. But as time went on, people began to accuse cow-pox of many things, of bringing disease worse than the one it cured; of so-fastening on the fifth pair of nerves that disorganized teeth, face-ache, brow-ache, and head-ache, are its regular concomitants. And, worst of all, it was accused of being no safeguard against the small-pox! The controversy became a long and a loud one; and I felt so far compelled to abandon my first position as to take up the new ground, that however successful vaccination might have been in its first introduction among the Gloucestershire dairies, it certainly failed under the test of a wider application, and fell very far short of its earlier promise.

In this frame of mind I remained until the publication of Dr. Charles Creighton's essay, and the two volumes by Professor Edgar Crookshank. Then I had to abandon my whole position, and thenceforth I regarded vaccination itself and its so-called history as one of the most singular popular delusions with which I am acquainted. Is then, vaccination to be forced or voluntary? I would reply, let those who like it have it, and believe themselves secure. And I sincerely hope that that overpowering majority (numerically) who detest vaccination will never commit the cruel despotism of preventing people from being vaccinated. At the same time, I would denounce the present custom whereby a minority is able to enforce a hated practice on its unwilling neighbors.—*R. A. Chudleigh, Eng., in Farm and Home.*

WOMEN IN THE SICK ROOM.

There is no place where woman reigns so supreme as in the sick room. There she is a veritable queen, she administers her office

and performs the important part of nurse, mother, friend, oftentimes physician, and always benefactor, with a grace peculiarly her own.

A natural born nurse is a blessing, all families should possess at least one. The little mother, we will call her, who early manifests her powers of persuasion and control of baby brother, of sister and of papa himself when he is laid up with rheumatism or malarial fever.

She knows just how to soothe the nerves, to give a foot bath, or a sweat, or a vapor bath, or to make and apply a mustard poultice, or to mix and give the remedy and induce the young child, or feeble grand parent, or crabbed uncle, to take just a little, only enough to cure him.

She can smooth the pillow, change the sheets, give a sponge bath under the bedding, or comb tangled, refractory hair. She can coax the appetite with dainty, favorite dishes, prepared hygienically by her own hands; she can read aloud from favorite authors in a tender, musical, sympathetic voice, till sleep comes softly stealing o'er the languid senses and dreamland enfolds the sick and nervous one in its restful embrace.

This genius of the sick room can bring order out of chaos, can soothe the irritable, comfort the fretful and help restore them to harmony and health.

She it is that brightens the sick room with flowers, and lets in the sun so invitingly that the patient hastens to get well and go out into the world again. The glorious world of sunshine and flowers, of fields, of blossoms and leafy woods and meadows green, where cows, sheep and little lambs are roaming, where the wild flowers stream in rich variety—the daisies, the buttercups and the violets blue.

She, it is, who cheers father, comforts mother, soothes little brother or sister, and is so happy and busy that she has no time to be sick or even to think of self.

Her rosy cheeks and bright eyes are an encouragement to others to get well if they are sick and to keep well if not sick.

She loves to read aloud to her patient, and intuitively chooses the right poem, the helpful essay, or the favorite story book. She never tires her listeners, she knows when to stop as well as how to begin. She never asks useless questions that tax her patient, she rests instead of tires her sick charge.

The subtle instinct of the nurse nature divines what to do, anticipates their needs, suggests their real wants, and supplies them quietly and smoothly. A bustling is never a benefit in the sick room, they

irritate and retard recovery. A natural born nurse will make a grand success in the duties of the sick room. She will help to cure the patient more positively than the medical prescription. Such a nature is a bouquet of goodness, sweetness, heathfulness and helpfulness. It is a royal inheritance to be a good nurse.

No matter if you are often imposed upon or utilized, at every turn of life's wheel your own soul is expanded and you grow noble by the exercise of your best faculties.

The sick room is a good place to rest oneself, to learn one's powers of usefulness, of preference of value to others. What we do not possess we can cultivate, and by patient persistence, and honest effort rise to the fulfillment of our highest ideal. Try it in the sick room.

SMOKING BY BOYS.

That the essential principle of tobacco, that which gives it all its value to the smoker, is a virulent poison, is universally admitted. It is agreed also that its primary effect is upon the brain and spinal cord, with a paralyzing tendency.

Even those who defend the moderate use of tobacco admit that its effects are disastrous on some classes of persons. It withers some while fattening others; causes in some dyspepsia and constipation, while with others it has a contrary effect. It is soothing to some, but induces in others all the horrors of extreme nervousness. Among the brain working class of our population the proportion of those who can use tobacco with impunity is yearly diminishing, as a nervous tendency more and more prevails among us.

Now, whatever may be urged in favor of moderate smoking later in life, all intelligent persons who have given the subject attention unite in condemning the use of tobacco by the young.

Young persons do not know whether or not they belong to the class most liable to be injured by tobacco. No one denies the danger of its excessive use, and the young have neither the intelligence nor the self-control to resist the tendency of smoking to grow into an uncontrollable habit. Further, the brain and nervous system of youth are specially susceptible to the baneful influence of the poisonous principle of tobacco.

That commanding medical authority, the London *Lancet*, says: It is time that the attention of all responsible persons should be seriously

directed to the prevalence and increase of tobacco smoking among boys. Stunted growth, impaired digestion, palpitation and other evidences of nerve exhaustion and irritability have again and again impressed the lesson of abstinence, which has hitherto been far too little regarded.

It cites a case which lately came before the coroner for Liverpool,—death from a fatty change in the heart due mainly to smoking cigarettes and cigar ends,—and adds: This, of course, is an extreme example. It is, however, only a strongly colored illustration of effects on health which are daily realized in thousands of instances. Not even in manhood is the pipe or cigar invariably safe. Much less can it be so regarded when it ministers to the unbounded whims and cravings of heedless urchins.

UNCOMFORTABLE PEOPLE.

"Yes, my dear, it is very nice indeed, but don't you think it would have been better if you had made it so?" was the stereotyped remark of a woman otherwise very amiable, intelligent and pleasant to have around, says an observant writer. She had unusual ability, was capital as an advisor in all emergencies, met every condition in life with practical philosophy that smoothed out all obstructions, but actually poisoned the entire pleasure of her acquaintance with that everlasting. "Don't you think it would have been better if you had done it some other way?"

There are few things in the world more exasperating than the constant nagging of people who think their way is the best and have no hesitation in informing their friends of their belief.

Everybody has ideas and ways of his own and it would be, indeed, a monotonous world if every people, community or family followed the taste or judgment of some one individual.

Circumstances sometimes seem to have set up an arbiter in a certain locality, and if this leading light happens to be of the arrogant and self-assertive description, the last state of that neighborhood is worse than the first. The best one may do, the best one may think, the choicest articles one may select are scanned with a critical, although possibly pleasant and benevolent eye, but like the tail to a comet comes the expression: "But don't you think it would have been better so?" and in these cases, the tail, like that of the comet, is a good deal larger than all the rest of the situation.

All the pleasure is taken out of life by these people. Good intentions go for naught beyond a certain point, and when all is said and done, and the best is offered, there is an uncomfortable feeling that one is a sort of unprofitable servant and there is something wrong somewhere.

These people should be colonized in a community by themselves and should be so situated as to be forced to take some doses of their own medicine. They might, after a long and severe course of this sort of treatment, come to discover that there are persons in the world who have ideas as well as themselves, and that possibly, only just possibly, of course, these ideas may be quite as good as their own.—*Ex.*

SAVED HIS FRIENDS AND DIED.

The story of Sogoro, a peasant of Japan, is one of the most pathetic in the annals of heroism. In 1644, the country folk of Sakura were so oppressed by land agents that their condition appeared to them simply unbearable. They had no newspaper to set forth their wrongs, and remonstrance of any sort was dangerous. Driven to desperation some of them met together and prepared a petition to the Daimio, who was spending in dissipation at Yedo the money wrung from them by taxation.

They wrote and sent the petition, but no notice whatever was taken of it. Possibly no one had ever taken the trouble to read it, and their wrongs seemed to be without remedy.

Moved by the general suffering, Sogoro, a man of middle age, determined, as a last and desperate resort, to present the petition in person to his August Greatness, the Tycoon. Taking leave of his friends, he went to Yedo, secreted himself under a bridge which the great man was to pass, and at the right moment pushed the petition at the end of a long bamboo directly into the royal hands.

The act was without parallel in all the history of Japan. A mere peasant had disturbed the royal seclusion, and at the same moment broken the etiquette of the realm into a thousand pieces. The enormity of the act led to immediate inquiries into the circumstances of the case, and the justice of the complaint was fully proven.

The peasants' wrongs were at once redressed, but since decorum must be preserved in Japan, at any cost, the one man who had thus served his people was delivered over for punishment to the very Daimio of whom he had complained.

By his order Sogoro, his wife and their three children were put to death. To-day a monument marks the spot where they died, and their names are held in grateful remembrance.

TANNIN IN TEA.

Some examples which have been forwarded to us, says the *British Medical Journal*, of the results of analyses for tannin and theine in tea indicate considerable variations in the amount of tannin, according to the quality of the tea and the state of growth at which it is picked. In some blends of China teas the percentage of tannin extracted by infusion for thirty minutes was 7.44; theine, 3.11; and a similar result was given in the examination of the finest Moying; while, on the other hand, with fine Assam tea a percentage of 17.73 of tannin by weight was extracted after infusion for fifteen minutes, and two blends of Assam and Ceylon tea, gave, respectively, 8.91 and 10.26 of tannin. On the whole, it is probable that the Indian teas are much more heavily loaded with tannin than the China and Japan teas. Moreover, the common method of prolonged infusion in boiling water is well calculated to extract the tannin, while it dissipates the flavor of the tea.

To be drunk reasonably, tea should not be infused for more than a minute, and with water of which the temperature does not exceed 170° F. It should be taken without sugar or milk, which would drown the flavor of the delicate and aromatic infusion thus obtained. This, at least is how the tea is drunk both in China and Japan, whence we have borrowed the use of it. With our European method of prolonged infusion in boiling water we destroy all the best flavor of the tea, and we extract such heavy proportions of tannin as to cultivate indigestion as the result of tea drinking. Indigestion is unknown among tea drinkers in the East, and it is in all probability only the result of defective use of the leaf.—*Scientific American*.

HEALTHY BED CLOTHING.

In hospital as well as in private practice, great errors are made in the matter of bed clothing for the sick, and particularly for the sick who are suffering from febrile affections. We have got rid of the heavy curtains around the bed; of the grand accumulator of dust and other uncleanness, the tester; of the heavy vallance which converted

the underpart of the bed into a close cupboard, in which all kinds of unwholesome and cumbrous articles lay concealed, including sometimes excreted matter itself ; and we have banished the carpet, which, often a hard-trodden, dust-laden rag, made the floor beneath the bed persistently impure. But the old feather beds, flock mattresses, heavy blankets, thick, impermeable, and dense counterpanes still encumber many a patient, rendering ventilation of his body as impossible as in the days of our forefathers. The thick dense bed and mattress require to be replaced by the light steel elastic bed ; and the clothing under and upon the patient, now so close and heavy, requires to be replaced by clothing that is porous, so that it can be permeated with pure air from without, and can at the same time permit the warm and impure air from the patient to have free exit. The mistake now so generally made lies in the idea that the warmth which the bed calls for is best obtained by close material and close packing. The error is positive. There is nothing that retains warmth in so good and equable a manner as common air at rest. Dense materials cannot keep the body respirably warm. Materials, therefore, both for the bed and for the bed clothing, ought to be porous to a free mechanical extent of porosity. The rule holds good for the clothing of the body in health ; in sickness it is imperative.

A PULPIT DEFENCE OF THE STAGE.

I am opposed to the theatre because it comprehends so much that is offensive to good taste and good morals. Having been acquainted in years past with the stage and some of its most prominent exponents, I can say with equal frankness that there are some actors and some plays and operas which, by themselves, are true in character and ennobling in their influence. There are generous, clean, and honorable gentlemen and ladies on the stage, whose upright example and unspotted lives serve to bolster up a bad lot of questionable hangers on and vile impersonators. Actors and managers will agree with me in this statement. The grand productions of the great authors and great actors serve often to make other places, authors and actors respected and patronized which do the community great harm. What to do about it I do not see. If the excellent plays and best actors could be distinctly separated from the inartistic and deleterious, so that patrons could always distinguish beforehand what would be elevating and moral, then the pulpit and the stage could and ought to join hands. Grand scenery,

delicious music, perfect elocution and the highest cultivation of voice and gesture are mighty accessories in teaching truth, charity, heroism and religion. They all ought to be used to purify and inspire humanity with noble motives. But when there is no line drawn and the same presents Jefferson and the "Devil's Auction," or Shakspeare and the "Black Crook," the bad drags down the good and encourages the pure to listen to impure things. I believe the time is to come when we will have theatres and music halls in which only pure music, excellent acting, moral plays and the best classics will be heard or seen. But first how to secure that desirable end is a problem to which all good men on the stage and off may profitably devote most serious study. Cannot the wheat be separated from the chaff, the noble from the ignoble, the high from the low, the true from the false, and secure a safe presentation of the highest music, the grandest dramas and the purest fun? Think of it.—*Rev. R. H. Conwell, in Detroit Free Press.*

ABUSE OF COCAINE.

Almost everything that is of use to man is capable of abuse. This is especially true of stimulants and sedatives. These drugs in their elementary state, are generally violent poisons. Even tea and coffee are not exceptions to the rule. The abuse of such things consists in using them too much, or for improper purposes. Nature meant them for medicines, and used intelligently and carefully as such, they are among her best gifts to the afflicted.

Cocaine, obtained from the elementary principle of coca leaves, is exceedingly valuable in minor surgical operations as a substitute for ether and chloroform; but already it is becoming fearfully abused. According to the London *Lancet*, approving a paper on the subject in the *Journal of Mental Science*, its special dangers are three: it is treacherous; it produces an early breakdown, both morally and intellectually; it is intensely poisonous, and speedily causes destructive tissue changes.

In chronic cocaine poisoning, general wasting appears early and develops with extreme rapidity. Convulsions also are not uncommon. In animals it is found to produce degeneration in the cells of the medulla and spinal cord, and also in the nerve cells of the heart ganglia and in the liver cells.

The great danger of cocaine lies in the fact that it is the most agreeable and alluring of all narcotics. It causes no mental confusion,

only a little more talkativeness than usual. There is no headache or nausea, and the pleasant effects are produced with a comparatively small dose ; but symptoms of poisoning are rapidly developed, and within three months of the commencement of the habit there may be marked indications of degeneration, loss of memory, hallucinations and suspicions.

The author of the paper in the *Journal of Mental Science*, says that much harm has resulted from a recent tendency to use cocaine to break off the opium habit, and from a mistaken notion that this drug can be employed safely and advantageously for that purpose. The writer adds that cocaine is more insidious than morphine, fastens more readily upon its victim and holds him in at least as tight a grasp.—*Youths Companion*.

STRANGER THAN FICTION.

A photographer of Frankfort-on-the-Main, is responsible for the following narrative, published in the *Allgemeiner Anzeigeblat für Photographie* of that city : I have been a photographer for many years past. One day while I was eating my frugal meal, a very beautiful woman entered my studio, and wished to be photographed, because her husband strongly desired to possess her portrait. I immediately complied with her wish, and took her in various positions, but when I returned from the dark room, the lady had disappeared. The incident had an untoward appearance, and I feared I should lose by it. Nevertheless, I finished the portrait in the hope that the lady might, some day or another, return and pay me for it. And a few days afterward she did so. She admired the execution of it, although it appeared to me to be a little faint. At length she selected one of the copies, with these words : " Place this in your window, and write underneath it, 'Margaret Arlington.'" This surprised me, because, as you know, ladies do not like to have their portraits thus publicly exhibited ; and I concluded by supposing she was an actress. I thanked her, and she gave me a bank note for two pounds ten (fifty marks), and not having any change, I went into a chemist's on the ground floor, in order to obtain it, and give her the twenty-five shillings due to her. I placed the bank note in his hand, or at least I thought I did, but he asked, "Where is it?" It had disappeared. I searched upon the counter, and so did he and his assistant, but nothing could be found. I went back, examining the stairway, but no bank note was visible. What was I to say to the lady who was waiting above for her change? I resolved to tell her what

had happened, as perhaps, I might have received nothing. Entering the room I found the lady had disappeared, leaving five copies on the table. Here was a pretty state of things! At length I quieted myself with the thought that perhaps she was an actress, who was playing me this trick by way of advertising herself. At any rate I determined to exhibit the picture in the window. And I did well by it. Every day people came to sit, attracted by the photograph of the "beautiful blonde," as they called her, the story of which brought me in a good deal of money; so much so, that I would willingly have presented her with the five copies of it, and would have thanked her besides. Still I had a presentiment that I should, sooner or later, hear something of her.

A year after the occurrence, a gentleman in traveling costume entered my studio, and seemed pale and agitated. "There is," said he, "in your window, the photograph of a beautiful lady. Her name is Margaret Arlington, is it not?" "Yes," I replied, "that is her name." "Do you know the lady?" he asked. "Only from having photographed her. Perhaps you are acquainted with her?" I continued. "She is my wife; but I never knew anything of this photograph." "Thus it is," I rejoined, "the lady informed me that it would give her husband great pleasure to possess her portrait, as she had been for a long time separated from him." The gentleman turned pale, and trembling, asked, "When did this happen?" "A year ago," I answered. "My wife died five years ago," said the gentleman; "and you will perhaps doubt my sanity when I say that last night she appeared to me in a dream, saying, 'Go through the city; examine the windows of all the photographers, and you will find my portrait.' The dream was so real that I obeyed her, and thus have found her picture here."

I related to him all that had happened, and we were both convinced that the spirit of the lady had sat to me. I handed over to him the five copies, which appeared to me to be the best I had ever taken, and he insisted upon paying me for them. I refused, but he laid a bank note for £25 upon the table and quitted the room.

MISCELLANEOUS.

PRINCE GEORGE AND THE BLUEJACKET.

When Prince George, Duke of York, had the independent command of the *Thrush*, on the West Indian station, it fell to his lot to have to convey, as prisoner, a young bluejacket belonging to another ship, who had been hitherto a constant offender and continually on the blacklist. The man came on board

the Thrush merely as a prisoner for conveyance from one part of the station to another under sentence of punishment. From his demeanor, however, and by close observation of him, Prince George came to the conclusion that there were many seeds of good in the man and the making of a better career. When the term of punishment was fulfilled, and the time came for him to rejoin his own ship, Prince George determined to try and give him the chance of a new start in life. On arriving in port, after calling upon the man's captain, who naturally was only too glad to be rid of him, he went to the Admiral and asked permission to transfer him to the Thrush. The Admiral, astonished at the proposition, gave his consent. Prince George went back to his own ship, had the man brought aft before him on the quarterdeck and spoke to him as probably he had never been spoken to before. He told him that he was henceforth transferred to the Thrush; that, as commanding officer, he put him in the first class for leave and gave him a clean sheet as regards his past offences. "I do not ask you to make me any promise as to your future behavior. I trust to your honor and good feeling alone. But remember that, by the rules of the service, if you offend again in any way, or break your leave, I have no option, but am bound to put you straight again to that class from which I now remove you. Your future is in your own hands. You have had no leave for twelve months. Go ashore now with the special leave men. Your pay has been stopped, and no money is due to you. Here is a sovereign. I trust to you not to misspend it. You know as well as I do what you may do, and what you may not do. God help you to do the right and keep you from wrong." The man was completely overcome. He, of course, answered nothing, but saluted and was then marched forward again. His commanding officer's confidence was not misplaced. During the rest of the Thrush's commission he was never once an offender, but showed himself as active, willing and smart a hand as any in the ship, and after working hours he was the life of the forecabin. In the ship in which he has subsequently served he has maintained his good conduct and attained a petty officer's rating.

ABOUT SLANG.

"Slang is no good," remarked the drummer, "and a man is clean off his base that monkeys with it."

"As to how?" inquired the hotel clerk.

"Well, this is how," continued the drummer. "Two weeks ago I went into Boston with a traveller from Chicago who couldn't speak ten words of English pure and undefiled. At the railroad station he tackled a hack driver.

"Say, hackie, what's the damage to take me to Parker's?"

"No damage at all, sir," replied the hackman, with a Harvard accent.

"Sure?"

"Quite sure, sir, if you go with me."

"Then I'll go with you," and he piled in, and I took a street car.

"At Parker's the driver opened the door politely and landed him out.

"Are you all right, sir?" he inquired.

"You bet I am. Never was finer."

" 'Had a pleasant drive ?'

" 'Bang up.'

" 'Arrived here in good condition ?'

" 'Al, thanks,' and he started into the hotel.

" 'Two dollars, please,' said the driver, detaining him.

" 'I thought you said there was no damage ?' he said in surprise.

" 'There wasn't any, sir. Haven't you just said everything was all right, and you were in excellent condition.'

" 'Yes, but—'

" 'I understand perfectly, sir,' interrupted the driver ; 'if you had asked the fare I should have informed you, but you did not. I presumed that it was quite immaterial to you so long as you were delivered at your destination safely and without damage.'

" 'The slangy man did'nt discuss the point. He handed over the two dollars, and has since been more careful of his slang.'

A WONDERFUL SET OF CHESSMEN.—A remarkable set of chessmen has just been completed by an American mechanic. The pieces are made of silvered bronze, and the period of costumes and equipments is A. D. 1194, all the characters being historical and contemporary and strictly accurate in every detail of heraldic blazonry and costume. The knights are in chain-mill armor, with shield, ax, sword, and dagger. Their fur coats have each the individual blazon of the wearer. The queens wear royal robes and carry scepters. The bishops are in church vestments, with cross and crozier. The pawns are men at arms in a kneeling posture, with spear, bill-hook and knife. The white men are English, the black French. The English king and queen are Richard I. and his berengaria. The bishops are Herbert Walter, Archbishop of Canterbury, and William Longchamps, Bishop of Ely ; and the knights are the Earl of Salisbury and Baron of Worcester. The castle is Anglo-Norman, and is a perfectly accurate representation of feudal architecture. The French king and queen are Philip and Ingeborg, his Danish spouse, the bishops being De Dreux and De Sully, of Beauvais and Paris. The knights are also well-known men of the twelfth century, and the castle is Franco-Norman. The set has taken upwards of six years to make.

A MAN EATER WITH 149 KNOWN VICTIMS.—The panther has always been distinguished for its cunning and bloodthirsty ferocity, and unrivalled in these respects is the record of "Aroni Lalpur man eater," killed this year in India. This animal used generally to lie in wait for his victims near villages, concealed in a tree, and was eventually killed after considerable difficulty by a party of sportsmen beating with a line of eighteen elephants. It took, however, several shots to kill him, and he received eight wounds before succumbing. Some idea may be formed of the taste for human blood exhibited by this feline scourge. In 1890, he killed eight people ; during 1891 and 1892 he was credited with the following : 1891—January, 8 ; February, 2 ; March, 6 ; April, 1 ; May, 7 ; June, 6 ; July, 7 ; August, 14 ; September, 12 ; October, 12 ; November, 10 ;

December, 13. 1892—January, 14; February, 21; March, 8. Of these sixty were children under ten years of age, and forty were women.

THE FIRST UNITED STATES POST-OFFICE.—In the English colonies, which afterward became the United States, a postal system was projected as early as 1692, but owing to the thinness of the population it was not organized until 1710. By act of parliament chief offices were established in New York and other important places in the colonies. In 1758, Benjamin Franklin was appointed deputy postmaster general for the colonies and under him the postal system was greatly improved. The first mail coach ran once a week between Philadelphia, a stage wagon starting from each city Monday morning and reaching its destination by Saturday night. In 1789 the constitution of the United States conferred upon congress the exclusive control of postal matters for all the states. The post-office department was one of the first organized, says the Chicago Inter Ocean, from which we quote.

LITERARY.

THE MAYBRICK CASE.—It is highly creditable that the women of America have taken so deep an interest in the criminal prosecution of one of their sex for a cruel and infamous crime in an English Court of Justice, and her sentence after conviction to the death penalty, subsequently commuted to imprisonment for life.

The pamphlet before us of 150 pp., by Dr. Helen Densmore, is a thorough review of all the circumstances and proceedings in this nineteenth century travesty of justice before an imbecile judge, who in the face of inadequate proof, lent the powers of his high office to convict an American woman of a crime of which, by all legal rule, she should have been found guiltless: a miscarriage of justice which it would be difficult to parallel in the published records of the two countries wherein trial by jury prevails.

The lukewarmness of the Home Office in which the pardoning power is lodged, is a mystery which calls for a better explanation than any thus far made. Neither human life nor human liberty should be held in such light account where English ideas are cherished and English laws prevail.

The philanthropic author of this exhaustive review in behalf of a woman falsely accused and unfairly tried and convicted, devotes the entire proceeds of its sale to the Maybrick fund in aid of justice. It is a case in which every woman of this country should have an interest, and if the case is unfamiliar to one, this pamphlet sold at 25 cents will explain everything.

Address Stillman & Co., 1898 Broadway, N. Y.

HOW NATURE CURES.—Comprising a New System of Hygiene, also The Natural Food of Man. This is a 4to of 418 pp., including a complete index, by Emmet Densmore, M.D. Stillman & Co., 1898 Broadway, Publishers.

This interesting volume is in three parts: 1st, "How to Doctor;" 2d, "How to get well and keep well;" 3d, "The Natural Food of Man."

The author in his preface quotes as a comprehensive text to all that follows, the following epigrammatic statement from an essay by Mrs. Helen Densmore, to whom his work is dedicated.

"Health is man's birthright. It is as natural to be well as to be born. All pathological conditions, all diseases, and all tendencies to disease are the result of the transgression of physiological and hygienic law, this is the science of health in a nutshell."

It is the amplification of the foregoing text to which the volume in question is devoted. All starch bearing foods are disparaged. This includes potatoes, and the cereals, which constitute the main dependence of man for subsistence. Fruit and nuts are recommended as nearest to nature and nature's demands, but the difficulty of the food supply, if confined to these ingredients, is apparent to the author. It would be comparatively easy to adopt his theories in countries where fruits of various kinds grow profusely, spontaneously and require but little culture, but in a climate like ours it would hardly be practicable.

We anticipated in this work a wholesale condemnation of a flesh diet, but the author, under certain conditions approves of it, particularly where corpulency is sought to be reduced or cured as a disease.

The author has no use for drugs, or the M.D's. who administer them. His rules of health are correct living, open air exercise, temperance, rest and sleep, and for all these he gives rules which recommend themselves to the intelligent reader.

The book ought to have a large sale.

Our thanks are due for the following :

STATE COMMISSION OF LUNACY.—Third Annual Report, 1891.

The institution is under the Medical Superintendence of Dr. Selden H. Talcott. This institution has 231 acres of land, with a provision for 675 patients. It is one of the best and best conducted in the State.

TUMOR OF THE LIVER—REMOVAL ATTEMPTED.—By John B. Roberts, M.D., Philadelphia. Also INTRA-CRANIAL NEURECTOMY of 2d and 8d divisions of Fifth nerve. By same.

ARTERIAL SALINE INFUSION, with Report of Special Cases. By Robert H. M. Dawbarr, M.D.

VICK'S FLORAL GUIDE for 1893, is not a whit behind its predecessors. See advertisement, and write for it, with stamps inclosed.

COSMETIC SURGERY OF THE NOSE, by Prof. John B. Roberts, M.D.

BRAWN AND BRAIN.

Not to the opulent who hoard
 Their ample store to selfish aims,
 Not to the wielders of the sword
 Who smite their way on bloody plains;
 Nor yet the cunning or untoward,
 Is the world debtor for its gains;
 But to the strong on land and main,
 Who make advance with brawn and brain.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

Vol. 40.

APRIL, 1893.

No. 4.

THE ADVANCEMENT OF WOMEN.

We are in a drift toward the education of women such as has not been before known in this country, and the industrial openings to them are equal to the impetus of the desire for their increased education. Ten years ago no one would have dared to prophesy the character of the present movement toward their advanced education, and already the results of this wider training are beginning to be felt in a larger understanding of what women can do and a larger opening of usefulness to them in the active walks of life. We are rapidly disabusing society of the old idea that it is not the thing for a woman to have a purpose in life, and that she is doomed to allow herself to live like a plant in the shade or like a weed in the garden, not brought out into the light, not specially trained and prepared for the duties of life. The old idea has been to give a boy who had any promise a careful education, and to stir up his ambition at the point where the boy develops into the young man as much as possible, but at this point in the old education the severity of a girl's training was diminished. She not only was allowed freedom, and the real purpose of life seemed to be absent, but she was not expected to come to anything, and, therefore, she was not rigorously prepared for anything. At the present time this kind of training for young women has practically passed away. It is believed that every girl should be well educated, and the stress is applied to girls quite as much as to boys to make the most of themselves. You see this in the grammar schools, in the high schools, in the number of young women who are going to college, and in the

very ordering of home life. Once a man who had half a dozen daughters was pitied because he had nobody to help him. The girls were good for nothing until they got married, and then they were not worth much, because they had never been properly trained, but under the lead of ideas which prevail to-day a family has a chance to make its mark through its girls perhaps quite as much as through the boys.

We have come to the time when a young woman has applied to her life all the spur which used to be applied exclusively to the lives of her brothers. She has a career before her, and it is not entirely the career of a married woman. So thoroughly are the young women who are to be the social and industrial leaders of the next generation imbued with this idea of purpose and career, and so much of it is a part of the spirit of our own time, that it is difficult to think of the future of women in almost any sphere of life who are not cultivated, or who are simply dissatisfied and unoccupied persons. It is to the credit of the higher education for women that it has broken up the old listlessness, and begun to make it fashionable for women to faithfully develop their mental gifts and use them for profit or for the benefit of others, as the duties of life may open out to them. No limit is placed to-day upon the attainments of women. If a woman has any qualities that make her a desirable member of society, she has a demand for their use, and it is this recognition of the superior mental service which women bring into life that has been the distinguishing feature of the advanced schools for women. They have simply widened out the range of woman's life until it has practically become analogous to that of men, not the same life, but a life that answers the same end.

We are likely to hear much less about the waste of woman's intellectual force in the future than we have in the past. The effect of this intellectual training upon women is to make them more desirable companions for men, their intellectual equals, their sympathetic appreciators, and to give women in their homes the opportunity to realize what may be accomplished in the training of their sons and daughters, and in the sending out of a strong influence into society. There are hundreds of topics on which women are soon to be able to converse with as much intelligence and freedom as men bring to them, and it is their destiny to take into the home, to a great extent, a newer and a higher and a more inspiring life. No one who has watched the gradual influence of the higher education in our social and domestic

fields will deny that this is a noble feature of our social development.

Not only the multiplication of colleges for women, but the introduction of co-education in many of our leading universities is to do much toward the hastening of this change. The typical woman will in due time, be one who is educated all around, who has acquired true intellectual discipline and has learned how to apply a purpose to that discipline which stimulates and inspires the whole work of her life. The outlook for the next generation is bright and instructive. Who would not like to be a son or daughter of the mothers who are yet to be? Not that the mothers of the race of men and women of our time did not discharge their duty, but the educated mother of the future will be a woman who not only has capacity to bring life into the world, but the ability to guide it to the accomplishment of greater things than were possible in the old days. It is impossible to look forward without the increasing conviction that the larger culture which women are bringing to the work of life is to have a very important bearing upon the whole range of human activity, and the new race of men and women will begin where many of us have had to leave off.

TOBACCO.

BY S. H. PRESTON.

Everybody has heard of the celebrated counterblast of James I. against tobacco—how he denounced it as an incentive to drunkenness, heaped upon it the heaviest taxes, and finally forbade the use of it in ale houses. Nothing aroused the anger of the Scotch King so much as a whiff of tobacco smoke. Tobacco was not tolerated in his dominions except as an expensive medicine.

But few are aware of the fact that it once was the provocation of Papal Bulls, and that its use was made a capital crime by the edicts of Sultans and Czars. In 1684, Pope Urban VIII. published a bull excommunicating all persons found guilty of taking snuff in church. This bull was renewed by Pope Innocent, in 1690. Twenty-nine years later the Sultan Amarath IV. made smoking and snuffing punishable by death. The punishment of snuff-takers in Russia was the loss of their noses. The same punishment was enforced against smokers, and for the third offence they lost their lives. In Switzerland the laws were nearly as severe, and in 1661 an addition was made to the

ten commandments to be read in all the churches throughout the cantons. The new commandment followed the seventh, and forbade the taking of tobacco in any form as a deadly sin.

From the first the church seems to have scented out the agency of Satan in smoking and snuffing tobacco. It was found that it destroyed the efficacy of fasting. The Puritans set their faces against it the most sternly of any of the sects. Their bigoted bitterness against it was partly based on the ground that it was nowhere mentioned in the Bible, but principally because of the comfort it afforded the profane people who indulged in its use.

But despite all the rigors of restrictive duties, the denunciations of priests, the bulls of popes and the edicts of emperors; despite fines and tortures and death penalties, the use of tobacco everywhere continued to increase. For thirty years the tobacco traffic thrived to an extraordinary extent all over Europe. Aubrey says that the poisonous plant sold for its weight in silver in Great Britain, and that he had heard old yeomen boast that they had culled their biggest shillings to bear down the scales in buying tobacco.

In those times it was usually used in the form of snuff. A story is told of a rich old snuff-taker named Mrs. Thompson, who died in London in 1776, leaving with each legacy specified in her will "one pound of good Scotch snuff." She had declared up to the day of her death her faith in it as the "grand cordial of Nature." In her day Scotch snuff had acquired great popularity, and nearly everybody used it, especially the ladies. Snuffing was then the rule, smoking the exception. Napoleon, Pope, Voltaire, Steele and Lady Wortley Montague were all notorious snuff-takers.

But a fact not as well known to many readers as the foregoing is that the first exportation of tobacco from this country was for the purchase of white women for wives. The colony at Jamestown had been established thirteen years when a want was felt for more women. Ninety respectable females were imported from England and sold to the Jamestown planters at the rate of 120 pounds of tobacco each. In 1621, seventy more wives were sent over and bartered for tobacco, but this time at the rate of 150 pounds per head. The London Company had got a "corner" in the women and tobacco trade.

And thus tobacco becomes associated in our history with slave-holding and wife buying. Estimating crops for what they would buy, a field of tobacco in those times might have been called worth so many

wives. Had the statistician been around in those days we might have been told how many wives worth of tobacco were smoked and chewed up annually.

So that women especially have a justifiable grudge against this execrable evil, as it first makes a slave of man, and then man makes woman his slave. It makes man a beast, and then makes woman a victim of that beast.

The evil effects of tobacco on health are too well known to refer to here at length. The truth is not now questioned that it not only originates certain complaints, but that it greatly aggravates those that come from other causes. About the only apology for its use is that it stimulates the intellect. The prominence of the pipe in literature is triumphantly pointed to in proof of this statement. It is observed that Lord Bacon has eulogized it; that Drummond, Fletcher, Beaumont, Ben Johnson, Sir Isaac Newton, Addison, Dryden, Defoe, all the brilliant men of Queen Anne's day, Sir Walter Scott, Dickens, Tennyson, Spurgeon, Longfellow, Lowell, Aldrich, Clemmens, Bismarck, all advocate the pipe.

An equally illustrious list of literati, including James Parton, who wrote much on the subject, earnestly entreat brain workers to discard tobacco. No medical man ever maintained that the mental faculties could be quickened to any utility by tobacco. The intellectual operations may be momentarily stimulated by tobacco smoke, the same as by strong drink; but it is a noticeable fact that old tobacco users think more tardily than others. There are enough authorities showing the irreparable injury of tobacco to the brain as well as the body to fill a volume; but the opinion of Prof. Hitchcock must suffice for present space. He says :

"Intoxicating drinks, opium and tobacco exert a pernicious influence upon the intellect. They tend directly to debilitate the organs ; and we cannot take a more effectual course to cloud the understanding, weaken the memory, unfix the attention, and confuse all the mental operations, than by thus entailing upon ourselves the whole hateful train of nervous maladies. These can bow down to the earth an intellect of giant strength, and make it grind in bondage, like Samson shorn of his locks and deprived of his vision. The use of tobacco may seem to soothe the feelings and quicken the operations of the mind; but to what purpose is it that the machine is furiously running and buzzing after the balance wheel is taken off."

BEHIND THE COUNTER.

No. 4.

The holiday rush has subsided, and we are improving the lull in business by taking an account of our reduced stock. One would scarcely suppose that the kitchen department would be extensively patronized in the high tide of shopping preliminary to Christmas, that carnival time that fills all Christendom with rejoicings, but so it is, for the quality of gifts is as various as the fortunes of givers, and I often-times think that those simple and inexpensive tokens of regard which find expression in some useful utensil needed and appreciated in the home, have more heartiness in them than the tinsel nick-nacks and costly gew-gaws that constitute the bulk of interchangeable Christmas gifts, gauged not unfrequently, by no higher sentiment than expectant reciprocity, with an eye to commercial values. Shall I give you some account of my last and more recent Christmas? I've a mind to do so, for it points a moral that should not pass unheeded. Two or three examples will suffice. Only a few short months ago I was looked upon as the favorite of a rich old uncle, engaged in the profitable venture of gold mining in some far away Eldorado of the West.

In a former paper I mentioned somewhat of his temptations, ventures and disappointments, and my consequent resolve to be at least self-supporting. Well, then, to look backward a little more than a year, I then counted among my Christmas holdings a handsome photograph album, infolding a cabinet likeness of the handsome giver. Also an exquisitely inlaid escritoire; also a quantity of rose-tinted note paper and envelopes in a velvet receptacle that shut with a silver clasp, with a pearl handled gold pen included, as if I was to spend my whole life writing billets doux. These from as many young gentlemen of no mean aspirations in their several spheres of usefulness. The first giver was a clerk in a bank, whose employment for the most part was counting and denoting parcels of soiled greenbacks; the second was a rather raw disciple of Blackstone, who held his prominence in expectancy: the third was a divinity student, whose mentality was absorbed in the endeavor to reconcile the fictions of theology with the truths of science. They made frequent calls at my uncle's and professed an unusual interest in me, but when my employment indicated a disadvantageous change of circumstances, their interest in me gradually subsided, and, as I opine, their holiday outlays have been long since set down to profit

and loss. As a consequence, the late Christmas passed without so much as the simplest reminder that we had ever known each other, now that the supposed heiress had given place to the struggling shop girl.

I ought in justice to mention an occasional visitor in the person of a self-sustaining young gentleman, whose father was a life-long friend of my uncle, with a like experience in similar enterprises, so that at his demise little remained to the widowed mother. Walter, the younger of the boys, was only a stripling then, but he contrived to stem the tide that thus early set in against him. By severe application, with the aid of night schools and private tutelage in the higher-educational branches, he managed to fit himself for almost any position where intelligence and culture are brought into requisition. On Christmas a year ago I received under the direction of his well known hand a cheap edition of "Percy's Relics of Ancient Poetry," and gave it place on a side table among the more pretentious greetings of the season, where it served as a mark for the pleasantries of some of my self-admiring visitors. "Ah, Percy's Relics! Do you intend to cremate them, or will you consign them to Potter's Field?" inquired he of the photo-album, with mock gravity. "Poor Percy? So he's passed in his chips. Will you go into mourning, Miss Pauline?" asked the *escritoire* contributor with an air of solicitude. "He was ill-conditioned enough in this world, perhaps he will fare better in the next," remarked the pen and paper youth with a sardonic grin.

Without betraying the emotion which this ill-conceived raillery gave rise to, I rejoined that it was not always wise to estimate either men or books by the quality of their external covering, which brought about a sudden change of subject, as well as demeanor.

Suffice it to say that this admirable compilation of poems has been productive of more real enjoyment to me than any one thing that I can call my own.

But as to my latest Christmas, it was a very quiet one in strong contrast with its forerunner, but to me far more enjoyable. My good friend Walter bore me kindly in mind as before, and the self-supporting shop girl was not without some tokens of a friendship that survives the vicissitudes of fortune.

But let me return to my pots and kettles. We have concluded our account of stock, an easy task in comparison with other departments where cut goods are to be measured and innumerable small

packages inspected, classified, told off and set down under different heads, in a dizzy wilderness of figures, involving the labor of days that stretch far into the night.

I have had something hinted to me to-day that has caused me considerable anxiety. No, I am in no immediate danger of losing my place, but it has been arranged to transfer me to the hosiery counter on the main floor, with an increase of fifty cents a week to my salary, as we girls choose to dignify our scanty allowances, but I so dislike to leave 13, who has always been so kind and considerate toward me, that I would gladly renounce any advantages of promotion to remain with her, yet I suspect I am chiefly indebted to her good words for the contemplated change, and 13 herself advises it. She says we can take our mid-day lunches together as heretofore, and the half-hour will enable us to fill it to overflowing with womanly gossip. Besides she has invited me to a tea with her at her snug little apartments, as she calls them, whose altitude affords glimpses of the ever changing Hudson and the picturesque Jersey shore in the distance. This is a pleasure I am holding in anticipation to be realized at no distant day.

PAULINE.

A CHAPTER ON WRINKLES.

There is nothing so destroying to the peace of a pretty woman's soul as the discovery of the first wrinkle in her fair face. Gray hairs may be tolerated, for often their framing softens the tints of the complexion and adds new depths and brightness to the eyes that flash beneath them, and many pretty women are never really beautiful until they are crowned with the sheen of silver tresses. The fading tints of a well kept and smooth skin may be concealed by artifices that every wise woman knows, but a wrinkle is an obstinate, disagreeable, aggressive witness, that leaves evidence of age in most unpicturesque language, as convincing as the records of the family Bible, or the testimony of some old friend of your mother's who is always telling every one that you are "just two years older than her Johnny," when perhaps you look ten years younger.

There is no such a thing as conciliating a wrinkle or coaxing it out of sight on occasions, no dressing it up in pretty disguises, gauze and frills; no one ever really admired its curves or wrote sonnets to its beauty; no one ever really longed for its coming or succeeded in banishing it by a cool reception; it comes uninvited and tarries unbidden, and settles more contentedly in its place as you fume and fret over it.

Many remedies for the eradication of wrinkles have been suggested by various writers on the subject of personal beauty, but the best and surest cure for wrinkles is not to get them, for they may be avoided more easily than removed. Wrinkles are not always the signs of age, but often the indices of a poorly-cared-for skin, the nervous temperament of their possessor, the habit of excessive worrying or continuous study, and sometimes of the degeneracy of the race. Italian children of five or six years often have more wrinkles in their little faces than a woman of eighty-five ought to possess.

A skin that is carefully and frequently bathed in warm water and pure soap, and rubbed to a glow all over once each day with soft flannel or the hands, preserves its elasticity and is less susceptible to wrinkles. The modern woman has more cares and perplexities and worries than Cæsar ever dreamed of. If Alexander had had one of the average nineteenth-century servants to manage he would never have sighed for new worlds to conquer, since fresh developments would have awaited him every morning. But these cares and worries are in no way ameliorated by expressing them in the face with countless grimaces and contortions of feature that invariably produce lines. The vivacity and swift-changing play of feature in bright, sparkling girls makes prematurely wrinkled and distracted-looking women. Much of this vivacity and pretty by-play of elevated brows is forced and unnatural, and all the more conducive to wrinkles.

Another habit women have is of contorting their faces into most ludicrous and ugly positions when exposed to the strong sunlight, all of which, by a little thought and effort, can be controlled to a degree.

A very beautiful and youthful-appearing society woman, the preservation of whose skin is remarked upon by her acquaintances, says that whenever she is going out in the evening she prepares her toilet, with the exception of her dress, wrings a wash-cloth out of as hot water as she can bear, smooths it out over her face so it will touch every part of it, and lies with it on her face for half an hour. When she removes it every wrinkle and line have disappeared.

An English lady over fifty asserts that her lack of wrinkles is due to the fact of her having used very hot water all her life, which tightens the skin and smooths out the lines.

Another celebrated beauty attributes her preservation to having never used a wash-cloth or towel on her face, but having always washed it gently with her hand, rinsing it off with a soft sponge, dry-

ing it with a soft cloth, and then rubbing it briskly with a flesh-brush. She used castile soap and very warm water every night, with cold water in the morning, and if she were awake late at night, she always slept as many hours in the day as she expected to be awake at night.

Another student of the toilet asserts that she prevents and obliterates wrinkles by rubbing the face towards the nose when bathing it, and Ella Wheeler Wilcox asserts that she can eradicate a permanent wrinkle by the use of almond paste and friction.—*Ex.*

INFECTIOUS DISEASES.

The term "infectious disease" is a very general one, and for the purpose of this article I shall include under it all communicable diseases—all diseases that can be in any way communicated to one person from another. These diseases are: Asiatic cholera, yellow fever, small-pox, diphtheria, scarlet fever, measles, typhus fever, typhoid fever, whooping cough and a few others.

So far as the treatment of a particular case of one of these diseases is concerned, that must be left to the attending physician. Any attempt to tell even the most enlightened part of the public how to deal with a case of one of these diseases could result only in imparting the little knowledge that is so dangerous. The most that can be said, therefore, is that patients suffering with these diseases must have plenty of palatable easily digested food, pure water and fresh air, and must be kept clean.

So far as the public is concerned, the most important part of the treatment of communicable diseases consists in preventing their spread from the sick persons to others.

Some diseases that were once thought not communicable have been found in recent years to own their chief danger to the fact that they are infectious—communicable. This is true of consumption, which is the most dangerous of all diseases in the sense that it causes more deaths than any other disease.

If we could only vaccinate against all other preventable diseases as we can against smallpox, it would be a comparatively easy matter to stamp them out and prevent them; but they are spread in different ways, and the methods of preventing them are different. In each disease something goes from a sick person. This "something" is capable of causing the disease in other persons.

The actual cause of consumption, so far as we know now, goes out in the sputum (spittle, expectoration), and is thus scattered where the moist sputum goes, as well as by the dust after the sputum dries. The first step, then, in preventing consumption is to destroy or disinfect all the sputum from each consumptive.

The germs of consumption may be in food or drink. The milk and flesh of consumptive cows and other animals often contain the germs of the disease. Neither the flesh nor the milk of such animals should be used for food.

Not less important than destroying or disinfecting the sputum of consumptives are fresh air and cleanliness. People who live in unclean and ill-ventilated houses or apartments are in a fair way to absorb and retain the germs of consumption. It has been suggested by some sanitarians that healthy persons should not sleep in the same bed nor in the same room with a person that has consumption. It is the part of prudence to comply with this suggestion, since it is a reasonable precaution.

* * * * *

There should never be a public or church funeral of any person dead of cholera, small-pox, typhus fever, diphtheria, yellow fever, scarlet fever or measles. The corpses of such persons should be buried as quickly as possible, and should never be transported in a railway train or other public vehicle. Public safety demands that all such corpses be wrapped immediately after death in a sheet thoroughly wetted with a solution of corrosive sublimate (half an ounce to two gallons of water), and the coffin then closed immediately and permanently. Funeral services should not be held in the same room with the body.

All this may seem a harsh way of dealing with the sacred clay of those we love, but we cannot get away from the fact that the safety of the living should be our first consideration. Necessary prudence does not imply disrespect to the dead. And surely none of us would wish to be, when dead, the means of bringing illness and death to the living.

I have said nothing of the advances made of late years in treating individual cases of these diseases, because the real progress has been in the way of prevention. The individual case must be treated by the physician, but the higher work of prevention cannot be carried on without the hearty co-operation of fathers and mothers—of all the people in the community.

Every one can do something. Every householder can help by promptly reporting the fact when any infectious disease breaks out in his or her house, by warning his neighbors of it so that they and their children shall not be exposed to the danger.

Many people have a foolish objection to having an infectious disease placard on their houses. The objection is not only foolish, but it shows a disregard of the rights of other people. It is a crime to be the means direct or indirect, of exposing others to unnecessary danger.

As the treatment of cases of illness costs money, so the efficient prevention of disease must cost money. But prevention costs less than treatment in the long run. The efficiency of a health officer is not to be measured by the number of epidemics that he stamps out, but by the absence of epidemics.

If he keeps his town in such a sanitary healthy condition that infectious diseases do not occur, he is worth ten times the money paid to him. If each village and city were to pay annually for a health organization as much money as is spent for the fire or police department, the money would be invested at a high rate of interest.

The three greatest advances in the treatment of infectious diseases are disinfectants, the health officer and prevention.

W. G. EGGLESTON, M. D.

TOWN AND COUNTRY.

II.

It is amusing, sometimes, about seven o'clock on a summer morning to see, perhaps a couple of old red-cowled men, shoe makers, perhaps, or small shopkeepers, taking a stroll with their hands in their pockets under their aprons; about three hundred yards out of town, where, amidst the villas of the suburbs, there may flourish a mere remnant of a field covered with growing wheat; they inspect this with a calculating air, and have their own unprofessional remarks on its appearance. And then they come back to town, and talk for a week about the crops.

Or on a summer Sunday evening, when all the fashionable, and even what is called the respectable world, keeps haughtily within doors, how delightful it is to see the honest mechanic taking a stroll in some of the highways or byways a little way out of town, along with his wife and perhaps one or two of his children! His clothes are decent, though perhaps deficient in expression and still marked with the creases incurred in their ordinary day sinecurism.

He probably carries his youngest child in his arms, while the wife sails on, broad and large in a red shawl, in front, attended by a few walking youngsters, who are ever and anon asking her questions about some rural object that strikes their eyes for the first time.

It is about six o'clock, and though the house is deserted and locked up, the kettle has been left very near the smothered fire so as to be ready when they return, for the infusion of the tea which is destined to conclude the day's humble and well earned enjoyments. As he moves along, with his arms clasped close around his little one, and the back of his coat swinging loose and free of his back, he prattles with his straggling family group about all the cows, and the horses and the farmyards they come in sight of; and ever and anon he takes an interested and knowing look at the wheat fields, as if he saw in them the shadow of his coming loaf, and wondered what flour would cost per sack next year. If the weather be clear, with the sun shining over head, then he rejoices for two reasons,—it is pleasant for a walk and it promises to “do good to the country.” If a shower comes on, it decomposes him and his family not a little and drives them, a little dragged perhaps, into the next public house; yet he suffers all with a good grace and a resigned heart, “it may, perhaps, be of good to the country.” If, in passing along, he sees a boy intruding upon a piece of grain, for the purpose of plucking and bruising it, he cries to him in an authoritative tone of voice, to come out of “the victual;” this last phrase being the one which he is disposed to apply to grain when he wants to treat it with more than usual respect. Whenever the group comes to a place where the enclosing fences are somewhat lofty, then has he to lift up his children, one by one, that they may look over and see what they can see.

The wife occasionally asks questions about the neighboring seats, and, in talking of these unusual matters, a style of speech steals unconsciously upon the worthy couple, which is considerably different in tone and language from what they use at home on the week-days.

They feel somewhat like civil strangers in a higher rank of life, explaining things to each other in an urbane and genteel kind of manner, and it is not until they reach home and recommence household realities, that they become exactly as familiar as they usually are with each other.

It is the most ridiculous thing in the world to institute invidious comparisons between the country and the town, or to say that the

balance of advantage lies on either side. Cowper's celebrated line "God made the country, but man made the town," is a fallacy. Much of both the country and the town is the creation of the Almighty and much of both is the creation, in a certain sense, of man. The fields are rendered by man very different from what they were originally; and though his handiwork is more observable in the city, still there is only a difference in degree. The institutions of social life prevail in both town and country; and though there is perhaps more sophistication in the former, still that, too, is only a difference in degree.

If we concede that social life was intended as the proper condition of man, we must allow that the clustering of certain of the race in cities must have been expressly contemplated from the first as the dispersion of others over the face of nature, for the existence of masses of population is a necessary consequence of social life.

In this, as in everything else, man has his choice. If he prefers the air and sights of the sweet-breathed country to the conventional conveniences of a city, he is right for himself and for his kind.

If he prefers these conventional conveniences, at the expense of some of the said air and lights, then he is right too. For by either way the general good is advanced.

In short, we would like to see all sorts of people removed above inconsiderate prejudices respecting the lot and choice of their neighbors. Even to wonder how another man lives, wanting the things which you appreciate in your own destiny, shows an absence of proper reflection and would be as well avoided.

No man can know what happiness there is in the condition of his fellowmen, unless he put himself into the same situation. Then he is apt to find that, in the sphere and caste where he formerly thought there was nothing but unmingled misery, there exist many unseen comforts and blessings which redeem its outward aspects.

KIRKE WHITE.

REMARKABLE CASE OF SEVERED FINGERS REUNITING.

Dr. J. M. T. Finney, of Baltimore, relates the following interesting case:

On January 2, 1890, the patient, a machinist by trade, came to the Johns Hopkins Hospital about half-past twelve o'clock, giving the following history. He was a machinist by trade, and was running the engine in the absence of the regular engineer, in a tin shop. He went to work about five o'clock that morning, and a little later, while going

about a machine used for chopping blocks of tin, he dropped something, and while stooping down to pick it up his hand slipped under the knife and the ends of the middle and ring fingers were cut off. The middle finger was cut off just beyond the last joint. The joint was opened. The ring finger was cut off just above the root of the nail. This occurred, the man said, about half-past five o'clock. He wrapped up the stumps and went home, where his wife covered the wounds with beeswax. He arrived at the hospital at the time previously stated. I asked him where the stumps of the fingers were and he produced them wrapped up in a piece of newspaper. They were very cold, almost frozen. I placed them in a basin of warm water, using no antiseptic, because bichloride or carbolic acid might cause a layer of coagulation necrosis and prevent union. I scrubbed up the stumps of the fingers with a 1-2,000 warm bichloride solution, then I carefully rinsed them off in warm water. This process consumed at least half an hour. Then I took a shaving off the ends of the fingers, so as to have a perfectly fresh surface. The stumps were treated in the same manner. The bone was scraped. I sewed them on, using four stitches in each case. I then applied strips of crepe lisse with collodion the whole length of the fingers on each side. These held the several portions in exact apposition. Then I used other strips around the fingers, binding them together, and then applied a palmar splint and used a large absorbent dressing. He came back in a week, and when the dressing was removed the fingers looked very well. I reapplied the dressing and told him to report in another week. Dr. Brockway saw the case on his return at the end of the second week. He took out the stitches and removed the dressing and said that there was no doubt that the fingers had united and that the man seemed to have sensation at the ends of the fingers, although he thought that this sensation might have been transmitted. The man then disappeared entirely from view. He returned about a month ago with an injury to his other hand. It is difficult to say at first sight which hand was injured. There is a slight motion in the joint which was opened, and the sensation in the fingers is perfect.

HURRIED DINNERS.

It is a mistake to eat quickly. Mastication performed in haste must be imperfect even with the best of teeth, and due admixture of the salivary secretion with the food cannot take place. When a crude

mass of inadequately crushed muscular fibre, or undivided solid material of any description, is thrown into the stomach, it acts as a mechanical irritant, and set up indigestion. When the practice of eating quickly, and filling the stomach with unprepared food is habitual, the digestive organ is rendered incapable of performing its proper functions. Either a much larger quantity of food than would be necessary under natural conditions is required, or the system suffers from lack of nourishment. The matter may seem a small one, but it is not so. Just as a man may go on for years with defective teeth, imperfectly masticating his food, and wondering why he suffers from indigestion, so a man may habitually live under an infliction of hurried dinners, and endure the consequent loss of health, without knowing why he is not well, or how easily the cause of his illness might be remedied.

KEEPING FRUIT AND VEGETABLES.

It is surely of as much consequence to know how to keep fruits and vegetables as it is to know how to produce them, and yearly more and more thought and attention are bestowed on the subject of their preservation. It appears that experiments in France have shown that fruits and vegetables stored under ordinary conditions, but heavily dusted with lime, will resist decay for a long time. Potatoes layered in lime kept for fourteen months, and were in as good condition as when dug. Beets, onions, apples, grapes, and quinces similarly treated kept well for varying periods, but all for several months longer than they would have done ordinarily. The lime keeps away moisture, prevents the fruit from absorbing unpleasant odors, and destroys any microbes that may have found a resting place upon the skin or about the stem. This is a preventive within reach of all, and much cheaper than cold storage.—*Mirror and Farmer*.

DOCKING HORSES' TAILS.

The Royal Agricultural Society of England has wisely proposed to give no prize to foals that have been docked, and when England gives up the fad our American dudes will abandon it as an English craze. An English writer explaining to tenant farmers the loss they sustain in docking their foals, says: "Having made inquiries of the great London dealers about high-class carriage horses, I find they will not

buy them if docked, as they are made unsalable thereby. It is also a rule made by army remount purchasers that no horses are taken which have been docked." At the agricultural show lately held at Welbeck, where the Duke of Portland gave away a large sum for prizes for horses bred by his tenants, and which is worthy of all praise, he particularly requested his tenants to abstain from docking foals, as so injurious to their own interests; and at the autumnal show, at Elvaston Castle, of horses bred in the neighborhood, the same advice was given by Lord Harrington, both of these being large horse breeders.

HOW TO IMPROVISE A VAPOR BATH.

Set a red hot brick on end in a can, small bath, or other suitable vessel; place the latter under a chair, on the seat of which a piece of flannel is spread. The patient, undressed, sits on this flannel, and he and the chair are well wrapped in blankets to exclude the air; his head is to be uncovered. Open the blankets a little at the bottom, and carefully pour about a pint of boiling water over the brick, and keep up the steam by occasionally repeating this. The patient remains in the bath until relieved by perspiration. To make a vapor bath in bed with hot wet bottles, fill about six oval shaped half-gallon stone bottles with boiling water; cork well, and fold each in hot wet flannel. Lay over the bed a waterproof sheet and a blanket; place the patient on these, cover him with a blanket, and distribute the hot bottles about him—one to each side, to the calf of each leg, and to the sole of each foot. Wrap up well with extra blankets, and tuck in to retain the heat. For the spirit lamp bath, place a damp towel over the seat and before the front of a cane bottom chair, under which a spirit lamp is lighted, and over the lamp a tin vessel with boiling water in it. The patient, enveloped (except the head) in four or more blankets, sits on the chair until free perspiration occurs.

CARE OF THE BABY.

A healthy infant will take water every hour, and be the better for it. The less rocking, tossing, patting, combing, coaxing, teasing, and kissing an infant is obliged to endure, the better his health and good nature. See that he sleeps in a cool room, with mouth shut and head uncovered. If you wish to rest at nights think how you would swelter between two giants, and do not put the baby to bed with two grown people. Have

all garments loose enough for comfort at throat, arms, waist, and wrists, and be sure to have the shoes and stockings large enough. A child should not be given meat until he is two years old. Do not try to teach a child to stand. He will stand by himself when his body and bones are in condition. Use no starch on his clothing, and keep his bibs dry.

THE FATAL CAMEL.

The popular conception of the camel makes him out to be an ugly, an unamiable, but on the whole a useful creature. A paper which Mr. E. A. Floyer, Inspector-General of Egyptian Telegraphs, has published in the *Kew Bulletin*, will go far to remove this impression. The country between the Nile and the Red Sea is well known to be nowadays a dreary desert; it is equally well known that less than 2,000 years ago it was able to support large troops of roving cavalry, who picked up their living on spots that would now starve a lizard. In the same way Palestine, where we read of thousands of chariots and horsemen moving about in Biblical times, is now in great part a barren waste. As far as the Egyptian desert is concerned, Mr. Floyer believes that it is the camel and his Arab owner that are in fault. Originally the valleys must have abounded with trees; indeed, their Arabic names still testify to this. As long as the Arabs were confined to these valleys, they took care of the trees for feeding the camels. But by degrees they got a footing in the Nile Valley; they hired their camels out to farmers, and when they returned for brief visits to their home valleys, they let the camels gorge their fill on the leaves and young shoots that in former years were carefully protected. Your camel is a greedy brute, and says Mr. Floyer, your Arab is not much better. Not content with letting his camel eat the edible portion of the trees, he proceeded to cut down the remainder and convert it into charcoal for sale to the farmers. Thus the land was gradually cleared, and in natural sequence it became the waterless desert it now is. The camel can hardly be called the Ship of the Desert so rightly as the creator of it.

THE FUTURE LIFE.

In an article by Archbishop Farron on "Conceptions of a Future Life," in the *North American Review*, for March, he says: The separate existence of the soul has been as much the absolute conviction of the supremest intellects, which have shown upon the world, as of the humblest and most illiterate peasants. The Cogito ergo sum of

Descartes is unanswerable. To attribute the illimitable range and diversities of thought is nothing more than infinitesimal molecular changes in the grey substance of the brain is the most miserable, absurd, unverifiable, and impossible of all guesses. Mr. Bain may well acknowledge the difficulty of "storing up in three pounds' weight of albuminous and fatty tissue all of our acquired knowledge!" All mankind then, except perhaps one in every ten millions, will admit that we have souls, and that essentially we are souls. But what is the soul? This question has agitated all philosophy, heathen as well as Christian. Heathen philosophy had nothing but the merest empiricism to offer in its solution. "*Quid sit porro ipse animus, aut ubi, aut unde, magna dissensio est,*" says Cicero in his *Tusculan questions*. No wonder, therefore, that some philosophers believed that the soul perished with the body; others that it lasted for a time and then was dissipated; others that it continued forever. As to its localization, Aristotle placed it in the heart; Empedocles in the pericardium; others, like our modern materialist, identified it with the brain; to others again the soul (*animus*) was but the breath (*anima*). Zeno thought that it was a breathing fire. Aristoxenus vaguely declared that it was a harmony (*ipsius corporis intentio*); Democritus, that it resulted from a fortuitous concourse of atoms; Xenocrates, following Pythagoras, defined it, not very luminously, as "a self-moving member." Plato analyzed it into the Reason, the Passion and the Desires. Aristotle thought that it was a sort of fifth essence, to which he gave the name *Eutelechy*—a name which so puzzled Hermolaus Barbarus that he is said to have evoked the Demon to tell him its true significance!

SUPERSTITIOUS REMEDIES.

Among the ancients and among savages we expect to find superstitious remedies in vogue. In Pliny's day it does not seem unnatural that the accepted cure for certain maladies, believed in by the educated and ignorant alike, should be a paste made of crushed snails found in the ruts of the road and gathered at a certain hour in the morning; nor that other ills were supposed to be cured by touching an elephant, the cure being the more swift and sure if at the moment of being touched the great beast should chance to sneeze.

But it is quite another thing when the children of our own public schools believe that to touch a toad will cause warts, and that when such

warts appear the proper way to cure them is to tie a bit of toadstool with red thread upon the afflicted hand for three nights in succession.

Another wart cure commonly practised among children is still more fantastic and absurd. It consists in pricking the wart until it bleeds, allowing the blood to drop upon a penny and then throwing the penny away; whoever picks up the penny will "get the wart"—that is, a wart will appear on the hand of that person, and at the same time the original wart will disappear from the hand of the first sufferer.

Such a belief as this seems to belong naturally in the Middle Ages. Yet the children who in the nineteenth century and the United States try to rid themselves of warts by a charm for transference can be numbered by thousands.

But besides the superstitions long current among ignorant Americans regarding cures, new ones are often imported by immigrants from other lands. A little school girl who had the jaundice, and whose skin was consequently very yellow, was recently advised by a Norwegian acquaintance what to do.

"It is of no use to have a doctor," she was told. "A doctor cannot do anything for the jaundice; but my mother has told me how you can be cured. You must boil a yellowbird and eat his meat and the soup made from his flesh; that will cure you. If you cannot get a yellowbird, then take yellow silk—it is the yellow you must have—and boil that and drink the yellow water, and you will get well."

This advice was not taken, but nevertheless the little girl speedily recovered under the care of a skillful physician.—*Youth's Companion*.

MISCELLANEOUS.

SOFT AND HARD WATER.

Everybody likes soft water, but many half-scientific people have a kind of idea that hard water—that is, water with carbonate of lime dissolved in it—may be of some value in the nutrition and development of bones, and especially in the development of children's bones. "Nothing of the kind," says in effect Dr. J. M. Fox, in a paper addressed to the Sandbach Local Board of Health. The principal use of water in the human body is for solvent purposes, argues Dr. Fox. But if that be so, it is manifest that water which has 70, or 80, or even 100 grains of solid matter per gallon dissolved in it must be much less powerfully solvent than water which has not more than five or ten grains. The water which is used up in dissolving the lime cannot dissolve other soluble substances—at any rate, not to the full extent of the natural solvent power of unadulterated water.

It is sometimes argued, as we have said, that water having lime dissolved in it may, when drunk, give up its lime to the body, and so help in the formation of bones. On this point Dr. Fox quotes Sir Lyon, now Lord Playfair. On being questioned by the Royal Commission, he replied as follows: "I have seen evidence given in cases of water supply, not only that it was desirable for health, but that it (carbonate of lime) was absolutely necessary for the formation of bones. But that showed a lamentable want of chemical knowledge, because the lime required in food does not come from the water, but from the solid particles of food taken, and I do not think that the lime in water has any influence on the process of animal nutrition." Sir Lyon went on to add that "the water consumed in the mountainous districts of Scotland is soft water, and Highlanders are not generally supposed to be deficient in bone or muscle." On this same point, Dr. Angus Smith, formerly Chief Inspector of Alkali Works, stated before the same Royal Commission that he thought "that the tallest people in Great Britain are to be met with in soft-water districts, for instance, in Cumberland, and probably Aberdeen." The tallest people of all were found in Aberdeen, "which is a very soft-water district." Soft-water, is, in short, pure water, so far as lime is concerned; and both in sickness and in health, and, indeed, for all the ordinary purposes for which water is required, it is much to be preferred.—*Hospital*.

A CHILD TURNING TO STONE.—The French Academy of Sciences has been making reports on an extraordinary case of selerema or petrifying of the skin and outer tissues of a human body. The case under consideration, which, by the way, is one of the rarest reported in medical literature, is that of an eighteen months old child of St. Jeanne, a suburb of the French metropolis. When this doomed child was last made the subject of a clinic its flesh was cold and almost as hard as marble; and, while it still continues to live, it can only move the eyelids and lips. The poor little sufferer sleeps nearly all the time, lying with its eyes wide open and breathing more like some cleverly devised automaton than a human being. The inner side of the lips, that portion of the eyelids which folds up under the eyebrows, and a place about the size of a silver dollar under each arm, are the only spots on the body which present any of the warmth or pliability characteristic of human flesh. In June or July the child was as healthy as any of St. Jeanne's many babies, until it got a heavy fall, striking on the back of the head. The disease, which dates from this fall, and seems to have some mysterious connection between the tissue and the skin, is supposed to be the result of the nervous shock. According to my data, this is the thirty-ninth case on record and the second in which the whole of the body was affected. The doctors in attendance say that death is the only relief.

CUTTING CHILDREN'S HAIR.—As a general rule, to which, however, there are occasional exceptions, I believe that nature intends boys' hair to be cut short, and girls' hair to be left long. Advice in accordance with this theory seems to have been given more than eighteen hundred years ago to the Corinthians. Here is an example to support the general rule. A very little girl, who was, and still is, remarkable for the luxuriance of her hair, got hold of a pair of scissors and

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sheared off a large tress from over her forehead. Whereat her mother wept, for she said that the gap would never be properly filled up again. And the mother was right ; for though many years have elapsed, a gap over the brow is still discernible amid the wealth of hair that now grows from that girl's head. But here is one of the exceptions. A little girl had thin, scanty hair, and under good advice it was cut quite short. Now, after many years, it is still somewhat short and slow in growing, but it has improved in strength and thickness very satisfactorily. I should advise letting good hair alone ; but if a girl's hair be weak or thin, or slow in growing, I would risk cutting it short, and let the girl have the head of a boy for a while. It may also be treated with some such thing as brilliantine.

A WELL-DRESSED WOMAN.—Some women will give a certain air of style, and even elegance, to a simple toilette, while others look dowdy and commonplace in costly, but ill-assorted clothes. Materials should always be of as good quality as the means will permit, but if you cannot afford both, better have a cheaper material well made than a richer quality made by some one who does not really understand the first principles of the art of dressmaking. The woman who always looks well-dressed is the one who chooses her toilettes with good taste, and with reference to other articles of her wardrobe. As a rule, she will choose quiet colors, knowing that they are not only the most economical, but the prettiest, for nearly if not all occasions. For this reason black is a favorite color with persons of good taste and limited means, but we cannot always go in such a sombre garb, however elegant, and spring and summer call imperatively for lighter ones ; they need not necessarily be of blue, pink or other bright hues, which are conspicuous in the extreme for street wear, as there are many others, all shades of tan, grey, and pale mauve, which make up exceedingly well.

ALCOHOLIC POISONING.—Two cases of alcoholic poisoning are said to have occurred at St. Helens recently. One was that of a youth fifteen years of age, who was sent by his employers with some spirits in a stone jar to a customer. He drew the cork, and is supposed to have drank about 10oz. ; he became comatose, and died next morning. Last week a painful case, which was also fatal, occurred at Wigan. A young, healthy man, laboring in a railway goods yard, drank from a can a quantity (said to be from 10 to 15 oz.) of whisky, which had been extracted from puncheons that were being returned as empties. In a very short time afterwards he was found lying on the floor, and was left there to sleep the effects of the alcohol off till 7 p.m., when Mr. Berry was called, who found him insensible and almost in a dying condition. All efforts to restore him to consciousness failed, and he died early next morning. A post-mortem examination proved conclusively that death occurred from alcoholic poisoning.

SAVED BY A DOG.—It is related that Mrs. Robert Lynn, of Marshall, Ill., was awakened on the night of February 18th, by her large Newfoundland dog rubbing his cold nose on her face and howling. She awoke to find the house on fire and her husband partly suffocated. By great effort they both escaped being burned to death. The faithful dog, who had thus undoubtedly saved them from an awful fate, immediately on being released went bounding across fences to the home of a brother of Mrs. Lynn, who lived a square away. Meeting him

and his wife on the way, they having been roused by the cries of fire, he bounded upon them and then darted back toward the burning house, looking back at them and barking impatiently. Then he would rush back to them, and, seizing hold of their clothing, strive to urge them along faster. A human being could not have displayed more apparent reasoning power than this faithful dog.

CURIOUS FACTS ABOUT THE PUMP.—The common water pump of to-day is but an improvement on a Grecian invention which first came into general use during the reign of the Ptolemies, Philadelphos, and Energetes, 288 to 231 B. C. The name which is very similar in all languages, is derived from the Greek word "Pempo," to send or throw. The most ancient description we have of the water pump is by Hero of Alexander. There is no authentic account of its general use outside of Egypt previous to its introduction into the German provinces at about the opening of the Sixteenth Century. Pumps with plungers and pistons were invented by Moreland, an Englishman, in 1674; the double-acting pump by De la Hire, the French academician, some twenty years later.

NUTRITIVE VALUE OF POTATOES.—A German chemist has recently been investigating the nutritive value of potatoes, and finds that it varies considerably according to the age of the potato. The amount of starch that the potato contains varies from month to month, as follows, beginning with the tuber when not yet fully developed: August, 10 per cent.; September, 14 per cent.; October and November, 15 per cent.; December, 17 per cent.; January, 17 per cent.; February, 16 per cent.; March, 15 per cent.; April, 13 per cent.; May 10 per cent. Potatoes are therefore most nutritious in the winter, when their food value is of greatest service.

NEW WAY OF RELIEVING HICCOUGH.—Hiccough is due to the spasmodic contraction of the diaphragm. This is the result of the irritation of the ends of the phrenic and pneumogastric nerves in the stomach acting reflexly upon the diaphragm. The exciting condition of the nerves can be overcome by a simple pressure of the index finger, just above the upper end of the sternum.

CICERO.—Some of Cicero's sentiments are noble and touching, as this: "I do not despise life, nor do I regret my own existence, since I have so lived that I think I can truly say I was not born in vain; and I shall depart this life not as one who leaves home, but as one who sets out from a tavern by the roadside."

ADVICE TO MOTHERS.—Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of cutting teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup," for children teething. It will relieve the poor little sufferer immediately. It cures Dysentery and Diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind.

THE ROYAL BAKING POWDER still holds the front rank in the estimation of housewives and cooks. Those who have used it once will usually have no other. Sold by all grocers.

LITERARY.

A HAND-BOOK OF INVALID COOKING.—"For the use of Nurses and others who Care for the Sick." By Mary A. Boland. Instruction of Cooking, etc., etc. 4to, 328 pp. The Century Co., Publishers.

This book is just what it purports to be: a Hand-Book for Nurses, and no nurse should be without it.

Part 1st consists in a series of Explanatory Lessons on the properties of various foods adapted to the sick, and with such other needful information as tends to fit one for a practical nurse.

Part 2d contains a well arranged body of recipes, with brief explanations of their elements and adaptability in various disorders and periods of life. An excellent and timely work, which every family should have.

PERIODICALS DESIGNED FOR YOUTH.—No country is in advance of ours in furnishing suitable periodical reading for the young. Here we have *Baby Land*, *Our Little Men and Women*, *Youth's Companion*, and a host of others, among the more interesting being *The Young Sportsman*, a monthly, published at Albion, N. Y., replete with stories of adventure and tales of wild animals.

COLLEGE EXPENSES OF STUDENTS.—Frank Booles, Secretary of Harvard University, has made and published various tabulated statements of students' expenses, for the college year, the average being about \$750, including board.

The pamphlet is useful as showing for what an inconsiderable sum the college course can be taken.

THE WORLD ALMANAC, which we offer as a premium to our \$1.00 subscribers is indeed a useful encyclopædia of current events of the past year everywhere in the wide world, and very much useful information respecting things which everybody is presumed to know all about. See our premium list.

FLATS AND FLATS.

I'm dwelling in an up-town flat,
The rooms are few and small,
My nearest neighbor keeps a cat
That ranges through the hall,
Sometimes—but then what can he do
When doors are fast and windows
too?

In rear apartments, just athwart
The passage-way from mine,
A widow pumps in lusty sort,
An organ's wheezy chime,
And pours in song till hours are late,
The sorrows of her widowed state.

A parrot and a pug has she—
Uncompromising pair—
That never—never will agree,
Its feathers or its hair,

With barks and screeches, neither
loath—
I wish Mephisto had them both!

The children, too, have divers plans
Of torturing the days;
The little urchins form in bands
Along the passage-ways
To sing and shout and madly rage—
These future Parris of the stage!

And what with parrots, dogs and cats,
And children by the score,
I'm minded to abandon flats,
And seek them nevermore.
Else be it said beyond recall
That I'm the flattest flat of all.

LA CROIX.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

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No. 3.

WHAT IS CHOLERA?

Cholera is the exaggeration of intestinal vermicular motion. This definition, explained in language less professional, would do more good than all the popular recipes for the cure of cholera ever published, because it expresses the inherent nature of cholera and suggests the principle of cure in its early stage, to the most unreflecting mind. The public is none the better, or wiser, or safer, for one of all the ten thousand "cures" for cholera proclaimed in the public prints, with a confidence which itself is a sufficient guarantee that however well informed the authors may be in other matters, as regards cholera itself they are criminally ignorant; for no man has a right to address the public on any subject connected with its general health unless he understands that subject in its broadest sense, practically as well as theoretically. A "live" cheese, or a cup of fishing worms may give an idea of the motion of the intestines in ordinary health.

The human gut is a hollow, flexible tube, between thirty and forty feet long; but, in order to be contained within the body, it is, to save space, arranged as a sailor would a coil of rope; forever moving in health, moving too much in some diseases, too little in others. To regulate this motion is the first object of the physician in every disease.

In headaches, bilious affections, costiveness, and the like, this great coiled-up intestine, usually called "the bowels," is "torpid," and the medicines are given to wake it up, and what that does cures the man. Costiveness is the foundation, that is, one of the first beginnings, or it is the attendant of every disease known to man, in some stage or other of its progress. But the human body is made in such a manner

that a single step cannot be taken without tending to move the intestines ; thus it is, in the main, that those who move about on their feet a great deal have the least sickness, and, on the other hand, those who sit a great deal, and hence move about but little, never have sound health ; it is an impossibility, it is a rule to which I have never known an exception. Cholera being a disease in which the bowels move too much, the object should be to lessen that motion ; and, as every step a man takes, increases intestinal motion, the very first thing to be done in a case of cholera, is to secure quietude. It requires but a small amount of intelligence to put these ideas together, and if they could only be burnt in every heart, this fearful scourge would be robbed of myriads of its victims.

There can be no cure for cholera without quietude, the quietude of lying on the back. The physician who understands his calling is always on the lookout for the instincts of nature ; and he who follows them most, and interferes with them least, is the one who is more successful. They are worth more to him than all the rignarole stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility.

If, for example, a physician is called to a speechless patient, a stranger, about whom no one can give any information, he knows if the breathing is long, heavy and measured, that the brain is in danger ; if he breathes quick from the upper part of the chest, the abdomen needs attention ; or if the abdomen itself mainly moves in respiration, the lungs are suffering.

In violent cases of inflammation of the bowels, the patient shrinks involuntarily from any approach to that part of his person. These are the instincts of nature, and are invaluable guides in the treatment of disease. Applying this principle to cholera, or even common diarrhœa when the bowels do not act more than three or four times a day ; the patient feels such an unwillingness to motion that he even rises from his seat with the most unconquerable reluctance ; and when he has from any cause been moving about considerably, the first moment of taking a comfortable seat is perfectly delicious, and he feels as if he could almost stay there always.

The whole animal creation is subject to disease, and the fewest number, comparatively speaking, die of sickness ; instinct is their only physician. Perfect quietude, then, on the back, is the first, the imperative, the essential step towards the cure of any case of cholera. To

this art may lend her aid towards making that quietude more perfect, by binding a cloth around the belly pretty firmly. This acts beneficially in diminishing the room within the abdomen for motion ; a man may be so pressed in a crowd as not to be able to stir. This bandage should be about a foot broad and long enough to be doubled over the belly ; pieces of tape should be sewn to one end of the flannel, and a corresponding number to another part, being safer and more effective fastening than pins. If this cloth is of stout woolen flannel it has two additional advantages, its roughness irritates the spine and draws the blood to the surface from the interior and by its clammy condition of the skin which takes place in the last stages of cholera. Facts confirm this. When the Asiatic scourge first broke out among the German soldiery immense numbers perished ; but an imperative order was issued in the hottest weather, that each soldier wear a stout woolen flannel abdominal compress, and immediately the fatality diminished of common looseness of bowels, he will generally find the most grateful and instantaneous relief. The second indication of instinct is to quench the thirst.

When the disease now called cholera first made its appearance in the United States, in 1832, it was generally believed that the drinking of cold water soon after calomel was taken, would certainly cause salivation ; and, as calomel was usually given, cold water was strictly interdicted. Some of the most heart-rending appeals I have ever noticed were for water, water ! I have seen the patient with deathly eagerness mouth the finger ends of the nurse for the sake of the drop or two of cold water there while washing the face. There are two ways of quenching this thirst, cold water and ice. Cold water often causes a sense of fullness or oppression, and not always satisfying ; at other times the stomach is so very irritable that it is ejected in a moment. Ice does not give that unpleasant fullness, nor does it increase the thirst, as cold water sometimes does, while the quantity required is very much reduced.

A CASE.

Some years ago I was violently attacked with cholera symptoms in a railroad car. The prominent symptoms were a continuous looseness of the most exhausting character, a deathly faintness and sickness, a drenching perspiration, an overpowering debility, and a pain as if the whole intestines were wrung together with strong hands, as washer-women wring out clothing. Not being willing to take medicine, at least

for a while, and no ice being presently obtainable, at the first stopping place I ate ice cream, or rather endeavored to swallow it before it could melt. I ate large quantities of it continually, until the thirst was entirely abated. The bowels acted but once or twice after I began to use it. I fell asleep, and next morning was at my office as usual, although I was feeble for some days. This may not have been an actual case of Asiatic cholera, although it was prevalent in the city at that time ; but it was sufficiently near it to require some attention, and this is the main object of these articles, to wit : attention to the first symptoms of cholera when it prevails.

According to my experience, there is only one objection to the ice cream treatment, and that is, you must swallow it without tasting how good it is ; it must be conveyed into the stomach as near an icy state as possible. The second step then, in the treatment of an attack of cholera, is to quench the thirst by keeping a plate of ice beside you, broken up in small pieces, so that they may be swallowed whole, as far as practicable ; keep on chewing and swallowing the ice until the thirst is most perfectly satisfied.

PRACTICAL RESULTS.

The first step, then, to be taken when cholera prevails and its symptoms are present is to lie down on a bed. 2d. Bind the abdomen tightly with woollen flannel. 3d. Swallow pellets of ice to the fullest extent practicable. 4th. Send for an established, resident regular physician. Touch not an atom of the thousand things proposed by brains as "simple" as the remedies are represented to be, but wait quietly and patiently wait until the arrival of your medical attendant.

But many of my readers may be in a condition, by distance or otherwise, where it is not possible to obtain a physician for several hours, and where such a delay might prove fatal. Under such circumstances, obtain ten grains of calomel and make it into a pill with a few drops of cold water ; dry it a little by the fire or in the sun and swallow it down. If the passages do not cease within two hours, then swallow two more such pills and continue to swallow two more at the end of each two hours until the bowels cease to give their light colored passages, or until the physician arrives.

In many bad cases of cholera, the stomach will retain nothing fluid or solid, cold water itself being instantly returned. A calomel pill is almost as heavy as a bullet ; it sinks instantly to the bottom of the stomach and no power of vomiting can return it.

It would answer just as well to swallow it in powder ; but the same medium which would hold it in suspension while going down, would do the same while coming up. The first object of a calomel pill in cholera is to stop the passages from the bowels. The treatment is effectual, it arrests the passages within two hours ; and in any time from four to twelve hours after being taken it effects the bowels actively, and the passages are changed from a watery thinness to a mushy thickness or consistency, and instead of being the color of rice water or of a milk and water mixture, they are brown or yellow, or green or dark, or black as ink according to the violence of the attack. Never take any thing to work off calomel, if there is any passage within ten hours after it is taken ; but if there is no passage from the bowels within ten, or at most twelve hours after taking calomel, then take an injection of common water, cool or tepid. Eating ice or drinking cold water after a dose of calomel, facilitates its operation and never can have any effect whatever towards causing salivation ; that is caused by there being no action from the bowels, as a consequence of the calomel, sooner than ten or twelve hours after it has been swallowed.

My own views, as a result of two and three years baffling in the midst of prevalent cholera, are, that when calomel fails to cure it, everything else will fail, and that it will cure every curable case.

The cure of this scourge depends upon the earliness with which the means are used. It can be said with less limitation than of all other diseases together, that cholera more certainly kills if let alone, and is certainly cured if early attended to. What, then, is the earliest and almost universal symptom of approaching cholera ?

I have never seen it named in print as such. During my personal experience amidst the scourge when it last visited this country, I could tell in my own office, without reading a paper, or seeing or speaking to a single person, the comparative prevalence of the disease from day to day by the sensation which I will name and I hope to the benefit of thousands, and perhaps not a single reader will fail to respond to the statement from his own experience.

The bowels may be acting but once or less than once in twenty-four hours, the appetite may be good, and the sleep may be sound ; but there is an unpleasant sensation in the belly, I do not, for the sake of delicacy, say "*stomach*," for it is a perversion of terms ; it is not in the stomach, nor do I call it the abdomen.

Many persons don't know what abdomen means.

Thousands have such good health that they have no "realizing sense" of being the owners of such "*apparati*," or "*usses*," as the reader may fancy, and it is a great pleasure to me to write in such a manner that I know my reader will understand me perfectly, without having the headache.

Speaking then of that sensation of uneasiness, without acute pain, in the region named, it comes on more decidedly after an evacuation of the bowels.

In health this act is followed by a sense of relief or comfortableness, but when the cholera influence is in the atmosphere, even a regular passage is followed by something of this sort, but more and more decided after each action over one in twenty-four hours. The feeling is not all; there is a sense of tiredness or weariness which inclines you to take a seat; to sit down, may be to bend over a little or to curl up, if on a bed. This sensation is coming cholera, and if heeded when first noticed would save annually, thousands. The patient should remain on the bed until he felt as if he wanted to get up and as if it would be pleasurable to walk about. While observing this quiet and while swallowing lumps of ice, nothing should be eaten until there is a decided appetite, and what is eaten should be farina or arrow-root, or tapioca or corn-starch, or what is better than all, a mush made of rice flour, or, if preferred, common rice parched as coffee, and then boiled, as rice is usually for the table, about twelve minutes, then strain the liquid from the rice; return the rice to the stew pan and let it steam about a quarter of an hour, a short distance from the fire; it will then be done, the grains will be separate; it may then be eaten with a little butter at intervals of five hours. There can be no doubt that thousands upon thousands have died of cholera who might now be living had they done nothing but observed strict bodily quietness under the promptings of nature, the greatest and the best physician.

WILLIAM WATSON HALL, M. D.

[To be continued.]

POISONOUS MILK.

Action is the universal law of animal life. There is not a living thing, whether insect or bird or beast, that will not pine and fall away and perish under bodily restraint. Man himself is no exception to the world wide ordinance.

The flesh of no pent up fowl or brute ought to be eaten, because it is diseased flesh. No wonder that gourmands luxuriate on "wild game;" the meat is not only more tender and sweet and juicy, but it is healthy flesh.

Many families are considered fortunate who can afford to keep a cow in cities and large towns. But however various may be their food and abundant, and however clean their stalls, they inevitably become diseased and within a very short time too, unless they can walk about in the open air and crop something from the surface of the earth. Hence the milk of stable cows becomes putrid much sooner than that of a pastured animal; for the microscope discovers minute globules of corrupted matter floating through this stabled milk. Just imagine, reader, a few drops of the yellow matter of a sore, stirred in among the milk, which from silver pitchers, you pour into your morning coffee! The reason of this is, a confined cow gets little or no lime from the food which she eats. This lime she gets from the green grass herself and an additional quantity in the shape of dust, which settles on the grass, or sticks to some of the roots of the grass, which sometimes are pulled up in her browsings. If, therefore, a cow must be stabled a handful of bone dust should be mixed with her food every day. A cow will very soon become consumptive if closely confined; and infants might as well use the milk of diseased mothers as that of diseased cows. These are facts about which we presume there can be no dispute, and we consider ourself as the author of a benediction to any family whom we can induce to use the *condensed milk*, nothing more than milk deprived of a great part of its water, and left thicker than the thickest cream.

As it leaves no sediment it is proof so far that it is pure. Two teaspoonfuls of it whiten a cup of tea or coffee as much as a half a cupful of boiled milk, thus saving a family that troublesome process. Another advantage is, it will remain perfectly good for weeks in summer time, if kept in an ice chest; and as long in winter, if kept in a dry, airy place, not cold enough to freeze. Thus, by taking it once a week, the daily noise of milkmen and the trouble of attending to them, is wholly got rid of; and being brought from the interior of New York, where there are no distilleries to slop-feed the cows, but where it is known to be a family neighborhood, there is every guarantee that we are using the milk of farm house cows.

It is afforded now, at rather a less cost than common city milk. The only imposition to which we are liable is in the thickness of this

milk, and we hope the proprietors will, in time sell it by weight. Now an honest pint weighs just twenty-one ounces. Twenty years hence that weight will be a fable, and will have dwindled down to about one-half. As a nutriment, condensed milk, in consumptive diseases is more efficient than cod liver oil, for we know that consumptives need nutrition above all other things,—the want of it is *the* thing which prevents recovery. And two other things we know; pure milk is the only article in nature which has in it all the elements of nutrition; it has the elements of heat, of repair and of growth, while cod liver oil has only the calorific element, and keeps us warm, nothing more; it gives no enduring strength; the patient gets heavier, but he gets no stronger, no more long winded. It is wonderful that medical men have not had their attention directed to this most important distinction. As long as a consumptive person is getting no stronger, he is getting no better, however more favorable other symptoms may be growing. Thus it is that cod liver oil, affording only the elements of heat, and milk giving both heat and repair, can never be a substitute for it.

But are consumptive people to suppose that by drinking pure milk or cream abundantly they are going to get well without consulting a doctor? The person who attempts it will die very much sooner because any one living largely on milk will soon become costive, or derange his digestion, and then strength declines. But if an experienced physician can superintend the case, to keep the liver and bowels in proper condition, and will judiciously arrange the exercises of the patient in a manner best calculated to digest a previous meal and create a vigorous appetite for another, and do this for three meals, a day, then the chances for protracting life or eradicating the disease are manifestly greater than by any other method hitherto devised.

SAMUEL S. KING, M. D.

COOLINGS.

To make water almost ice cold keep it in an earthen pitcher, unglazed, wrapped around with several folds of coarse linen or cotton cloth, kept wet all the time.

/ The evaporation from the cloth abstracts the heat from within and leaves the water as cold as it ought to be drunk in summer, consistent with safety and health.

Cooling rooms: The least troublesome plan is to hoist the windows and open the doors at daylight, and at eight or nine o'clock, close them,

especially the external windows and shutters, if there be any, except to admit barely necessary light and thus greatly add to the comfort of the inmates, leaving the windows open, but the lattice shutters closed, on the north side of the house, which will secure a thorough ventilation.

Still greater coolness may be produced by having a large heavy cotton or linen sheet hung near each open window or door, and kept constantly wet, the evaporation produces a vacuum, and a continual draft of air is the result. In India and other eastern countries, common matting is used; long grass plaited answers a good purpose. In Germany a broad vessel or pan is kept in the room, nearly filled with water, the surface of the water being covered with green leaves. To have delightful hard butter in summer, without ice, the plan recommended by that excellent publication, the *Scientific American*, is a good one. Put a trivet or any open flat thing with legs, in a saucer; put on this trivet the plate of butter and fill the saucer with water; turn a common flower pot upside down over the butter so that its edge shall be within the saucer, and under the water. Plug the hole of the flower pot with a cork, then drench the flower pot with water, set it in a cool place until morning; or if done at breakfast, the butter will be very hard by supper time. How many of our city boarding school girls, who have been learning philosophy, astronomy, syntax and prosody for years, can, of their own selves, write us an explanation within a month?

To keep the body cool in summer it is best to eat no meat or flesh or fish at least not oftener than once a day, and that in the cool of the morning; making a breakfast desert of berries of some kind.

Dinner, light soup with bread; then vegetables, rice, samp corn, cracked wheat; dinner dessert, of fruits and berries, in their natural state, fresh, ripe and perfect.

Touch nothing later than dinner; taking nothing at all at supper but a piece of cold bread and butter and a single cup of some hot drink, or in place of these, a saucer of ripe berries, without sugar, milk, cream or any thing else, not even a glass of water or any other liquid, for an hour after.

To keep the head cool, especially of those who live by their wits, such as lawyers doctors, editors, authors and other gentlemen of industry, it is best to rise early enough to be dressed and ready for study as soon as it is sufficiently light to use the eyes easily without

artificial aid, having retired the evening before early enough to have allowed full seven hours for sound sleep ; then study for about two hours ; next make a breakfast of a piece of cold bread and butter, an egg, a cup of hot drink, nothing more ; then resume study until ten, not to be renewed until next morning, allowing no interruption whatever until the time for study ceases, except to have the breakfast brought to you. The reason of this is, the brain is recuperated by sleep ; hence its energies are greatest, freshest, purest, in all men, without exception, immediately after a night sleep, and every moment of thought diminishes the amount of brain power, as certainly as an open spigot diminishes the amount of liquid within.

Nature may be thwarted and her plans wrested from her ; and habit or stimulation may make it more agreeable to some to do their studying at night, but it is a perversion of the natural order of things, and such persons will be either prematurely disabled, or their writings will be contrary to the right and the true. As the brain is more vigorous in the morning, so is the body, and vigor of both must give vigor of thought and expression, that is, if the head has any thing inside.

HIRAM M. GARDNER, M. D.

THE LIVING AND THE DEAD.

In New York city, the great metropolis of the new world, I have always found myself remarkably impressed by one peculiar circumstance,—the contrast between the bustling streets, full of living faces, and to-day objects of all kinds, and the quiet and ancient churchyards which are found in the lower part of the city. But a few yards off a busy thoroughfare, which for scores of years has borne the press of breathing men,—where the luxuries and conveniences of life are presented in infinite variety, to attract and fix the attention of the passenger, and where men and women seem so much engaged in the affairs of this world as hardly to be conscious that there is any other, you find the silent and cloistered precinct of the old parish church, paved with the memorials of past generations who once passed as gaily and thoughtlessly among the ways of the city as those you have just seen, but have long retreated to this narrow place, so near, yet so different from all their former haunts. The transition, in your case as a visitor, as well as in their's who pass in this space from life unto death, is the most sudden and rapid that can be imagined, yet how

different all the attributes of the two scenes ! In the other, how dismal and, in general, how neglected !

HERE you have, at one moment, perhaps the most animated and cheering scene in the world ; *there*, at the next instant your gaze is turned upon the most torpid and gloomy. At one twinkle of the eye, you find life and all its affairs exchanged for death and all its circumstances, and pass at a single step, from the lightest to the gravest of reflections. I am not aware of any place where this contrast is presented in a more striking manner than it is from the steeple of Old Trinity Church which rises above the noise and din of the great city. After fluttering a long time through the crowded streets amidst numberless beings to whom death seems the remotest of all ideas, you are led to the church from whence you command a view of the far-spread city, with its spires peering out here and there, to mark the extent of a waste of houses which would otherwise be hardly distinguishable, while close beneath your feet you see the outlines of the huge church surrounded by its extensive cemetery, a city of the living and a city of the dead, being thus brought into immediate comparison and weaving out of their separate influences the most impressive of all lessons.

The place of the living is, as you can see and hear, one of the busiest scenes of men's labors. It contains hundreds of thousands of industrious human beings all toiling on from morn to eve in their various pursuits, some for mere subsistence, others for loftier objects, but all animated by human motives, and, in general, thinking of nothing in the meantime beyond the bounded horizon of mortal life. How many hearts are there bending anxiously over accounts, in which their own welfare and that of all who are dear to them is concerned ! What numberless modes are there assumed of gaining that surplus of value called profit, on which so much of the comfort of individuals depends ! How keenly are even pennies, in many cases there aimed at and longed for,—what emotions of the soul, what lightnings of the eye, what contentions between man and man there arise from considerations of money, and of the almost infinite benefits which money can purchase !

The whole vast space is covered to its uttermost nook with human creatures whom the common doom has compelled, for the sake of bread and other sublunary enjoyments, to narrow their souls to the affairs of lucre while they every moment tend onward to a fate more glorious or more terrific, than imagination can picture

and are even now capable of thoughts and sentiments far above this world.

And all this, too, is only a detachment of that trifling section of the human race, called the present generation. On or near the same ground have men toiled and moiled as anxiously as these for many years; and what *is* it all and what *will* it all come to? To the little fold which we see directly beneath, a space not large enough to contain the lodgings of a hundred living families, but which has received into its bosom thousands after thousands of the more easily accommodated dead and will in time absorb multitudes as great and yet never cry enough. Yes, as the poet sings, "The paths of glory lead but to the grave." That small spot, of which so few are now thinking as they pace the streets of the busy city, is the real termination of all the journeys they are making. Go they east or west, north or south, be business or be pleasure their immediate object, to this dismal scene must they arrive at last.

Not a step do they take which does not bring them nearer to this ultimate point, although it may seem for the time to lead them in a different direction.

Every effort which they are making to exalt themselves in this world only renders them the richer spoil for the daily hecatomb here offered up to death, and in which, sooner or later, they must bear a part. Every improvement which they can make in their circumstances, while they live, gives them but the chance of a more secluded spot in this gathering place of the departed, or a monument which will longer continue to tell its unmeaning and unregarded tale. In a few short years they and all their joys and sorrows, their greatness or their loneliness will have shrunk into this cold and uncomely scene, while their various walks of business and labor are occupied by others to whose pursuits a similar bourne will in time be assigned. It is not, perhaps, to be desired that reflections of this solemn kind should often or permanently fall upon the minds of men; for, if we were to be perpetually brooding over the gloomy view which the end of life presents, we would embitter that life to a degree rendering us quite unfit for the proper management of either our temporal or spiritual concerns. In general, however, human beings, or at least that portion of them called men of the world, are in little danger of suffering from this cause. It is more frequently observed that a constant commerce with the world hardens the heart toward all *beyond* the world, if not

also too much *in* the world, regarding which it is desirable that we should keep *our* feelings awake.

It cannot but be salutary, then, for all who are in danger of falling into this insensibility to turn their minds occasionally to the affairs of mortality, and, seeing the uselessness of all acquisitions after death, the vanity of all terrestrial glory and the community of destiny which overhangs the various orders of the human race, open their hearts more freely to the claims of their fellow creatures around them, and otherwise lay up those stores which will stand in good stead when they and the world have alike passed away.

KIRKE WHITE.

SPRING DISEASES.

The complaint of "lassitude" is almost universal as spring advances, and those who have reached fifty years, can well remember the old time custom of taking something to "purify the blood," to "thin the blood," as regularly as the season of spring returned; and even now, the failing in appetite and "falling off" in flesh corroborate the idea in the unthinking, that they must take something and forthwith "bitters" are prepared, and these bitters, being nothing less than some herb or root put into a bottle of whiskey, are the means of initiating multitudes into habits of drunkenness. The more elevated and refined of cities, use various kinds of wines and too often recommend their children to do the same, to end in drinking vulgar gin or in secretly chewing opium.

But there is a better way and safer. The decline of appetite in spring is not the symptom, or the effect of disease, it is as it were the wise forethought of a sleepless instinct which puts out its blind feelers ahead to clear away danger. Instinct, that wonderful, impalpable thing, the agent of Almighty power, the instrument of love divine; its lesson is, that the body does not require so much food, hence the desire for it is taken away; and if men could only be induced to read that lesson aright, to practice it by simply eating according to the appetite, by not going to the table if they did not "feel like taking any thing," and then resolutely wait until the next meal, and at no time eating an atom, unless there was a decided desire for it,—if such a course were judiciously pursued, the spring time would be to us a waking up to newness of life, as it is to the vegetable world. But instead of thus co-operating with our instincts, we "take something," bitters, pills, any thing that any body advises as good for "whetting up the appetite."

It acts like a charm, we speak kindly in its praise, and a dozen more are induced to follow the example.

But soon the bubble bursts. Nature was only drugged, her voice was hushed, only to wake up a little later to find her ward prostrated, by serious, and as to old persons, often fatal sickness. To avoid spring disease then, abate the amount of food eaten at least one-third and work or exercise with a proportionate deliberation. H. L. KISMUTH, M. D.

PROPER CARE OF INFANTS.

Of the total number of deaths in warm weather, according to the records, nearly one-third are children under one year of age. Now, is this mortality a necessary evil? We are inclined to think not. The diseases from which these children die arise, as a rule, from preventable causes. Not always so much from the want of care as from the want of knowledge how to care for them. The device of any means to prevent this great infant mortality is a work well worthy of a philanthropist. If we look to the classes of disease closely, the inference is that a considerable number of these deaths have in reality a close and direct relation to the kind of food given.

The general cry of teething is nonsensical. If a child is bathed and fed regularly, clothed loosely and comfortably, not over nursed or mauled on a warm day and given regular hours of rest, the teeth will come through almost unnoticed. It must be remembered that a child cannot digest food containing starch, such as rice water, bread food, pap or gruel, until it has teeth. Therefore milk, which is animal food has by nature been given as the only one needed up to that time.

Careful examinations prove that the highest mortality is among children that are brought up by hand. This shows for itself that they are given a pure substitute for their natural food. Cow's milk, slightly watered and sweetened with sugar of milk, is perhaps one of the best substitutes for mother's milk; although the writer has had excellent results from some of the well known infants' foods. A tablespoonful of lime water may be added to each pint of milk occasionally.

It is a most sorrowful sight to behold a haggard, restless, moaning child huddled up in warm arms, or heavily blanketed on a feather pillow in a baby coach on a hot July day. And very, very often a long tubed bottle is in the mouth, which perhaps has been there for one or

two hours. This is enough to kill the child, if nothing more. Mothers, let me tell you that most of these troubles can be avoided. Take your babe from its bed every morning at a regular hour, bathe it well, but carefully, in lukewarm salt water; dry with a soft towel. If it is discolored by heat dust it lightly with rice flour, then put next to its body an all wool gauze flannel shirt long enough to cover its abdomen, over this a thin flannel shirt with muslin or linen body; then its slip, which should be simple and plain, with high neck and long sleeves. Zephyr socks should cover its feet, and a linen bib protect the neck of the dress. After this feed, if not from the breast, prepare a half-pint of milk, turn it into a sweet bottle and put on a short nursing tube. Hold the child when feeding in a semi-erect position. If the child is on its back or side the milk is likely to be thrown up and lost to the child. How often we see a nurse in feeding a child by the bottle fix them comfortably in bed on their backs, put the tube in their mouth and leave them to suck as much milk and air into their stomachs as they conveniently can. All this favors those accidents which it is desirable to avoid. After the child has taken the half-pint of milk lay it down on a mattress, cover lightly, and allow it to take a good, long nap, which in most cases it will gladly do.

After this nap a four or five months' baby should be fed regularly every three hours, and should not under any circumstances be fed oftener. Overfeeding frequently produces the same result as starvation. The child should have another rest at about 1 o'clock. At the close of the day, say 6 o'clock, undress it, rub lightly with the hand and change all its clothing for a night suit, which may be about the same as the one taken off. Never allow the child to sleep in garments worn during the day. After this, feed and put it to bed. It is a great mistake to keep a child out in the night air in a coach, disturbing it to transfer it to bed at a later hour. When disturbed in this way, the child may fret all night. No food is required between 11 and 5, unless the child be awake from some unnatural cause. A flannel bag, 4x5 inches, containing a teaspoonful of ground cloves, a teaspoonful of cinnamon, a half-teaspoonful of ginger, a teaspoonful of allspice, a grated nutmeg and three or four blades of bruised meadow mint, should be made and kept in the house to use if necessary. This bag, moistened with alcohol, made warm and placed over the stomach will allay vomiting, or over the abdomen will soothe and govern the bowels. It can be used as long as the spices retain their strength. S. T. ROBER, in an exchange.

SLEEP.

There is no fact more clearly established in the physiology of man than this, that the brain expends its energies and itself during the hours of wakefulness, and that these are recuperated during sleep; if the recuperation does not equal the expenditure, the brain withers. This is insanity.

Thus it is that in early English history, persons who were condemned to death by being prevented from sleeping always died raving maniacs. Thus it is, also, that those who are starved to death become insane; the brain is not nourished and they cannot sleep. The practical inferences are three: 1st, those who think most, who do most brain work, require most sleep; 2d, that time "saved" from necessary sleep is infallibly destructive to mind, body and estate; 3d, give yourself, your children, your servants, give all who are under you the fullest amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the moment they *awake of themselves*; and within a fortnight nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system.

This is the only safe and sufficient rule; and as to the question, *how much sleep any one requires*, each must be a rule for himself. Great nature will never fail to write it out to the observer, under the regulations just given.

A SURFEIT.

A surfeit in man is called founder in a horse, and is over-eating—eating more than the stomach can possibly convert into healthful blood. Wise men and careful men will sometimes inadvertently eat too much, known by a feeling of fulness, of unrest, of a discomfort which pervades the whole man. Under such circumstances, we want to do something for relief. Some eat a pickle, others swallow a little vinegar, a large number drink brandy. We have swallowed too much, the system is oppressed, and nature rebels; instinct comes to the rescue and takes away all appetite, to prevent our adding to the burden by a morsel or a drop.

The very safest, surest and least hurtful remedy is to walk briskly in the open air, rain or shine, sun or hail, until there is a very slight moisture on the skin, then regulate the gait so as to keep the perspiration at that point until entire relief is afforded, indicated by a general

abatement of the discomfort. But as a violence has been offered to the stomach, and it has been wearied with the extra burden imposed upon it, the next regular meal should be omitted altogether.

Such a course will prevent many a sick hour, many a cramp, colic, many a fatal diarrhœa.

WARTS.

Warts are removed in a fortnight if creosote is painted on them, and they are then covered with a common sticking plaster, to be removed every third day.

But as creosote is a virulent poison, it is safer to use some acid or strong alkali, say potash or hartshorn, every day, until they disappear, as most of them will under this latter treatment, if persevered in, using only the creosote in incorrigible cases.

We know by personal experience that persevering friction with any thing, even with the finger, is sufficient in the removal of some kind of warts; and such was Lord Bacon's observation and experience. Possibly the vulgar notion that a wart is cured by stealing a piece of bacon originated in a hare-brained or muddy-headed individual, who used the thing itself instead of the advice of the man who gave it.

ONIONS.

Onions are one of the most nutritious, healthful and detestable articles of food found in our markets.

A few grains of roasted coffee eaten immediately afterwards, or a teaspoonful or two of vinegar swallowed, removes at once the odor from the breath. If onions are half boiled, the water thrown away, and are then put in soup to be boiled "done," the odor will be little noticed.

THE DIFFERENCE.

When a simpleton wants to get well, he buys something "to take;" a philosopher gets something "to do;" and it is owing to the circumstance that the latter has been in a minority almost undistinguishable in all nations and ages, that doctors are princes instead of paupers; live like gentlemen, instead of cracking rocks for the turnpike.

SNEEZES AND STITCHES.

It may be well to know that the very considerable inconvenience, *a stitch in the side*, is often removed in the same manner that a sneeze

is prevented, to wit, by expiring all the breath possible from the lungs ; push out the breath for half a minute or more, and draw it in slowly.

BEHIND THE COUNTER.

No. 5.

On entering the store the Monday following my last communication, I was directed to report to the head of stock of the hosiery department. Using the floor-walker as my guide, I was soon brought face to face with this important personage. She proved to be a person of most agreeable manners, in the very prime of womanhood, who received me so kindly that I was put immediately at my ease. "You have been so favorably spoken of by the manager of the kitchen department that I am confident we shall get along very well together," she remarked in a quiet patronizing way, as she waved me to a place in front of the neatly arranged stock which was thenceforth to command my attention, under her direction, and I busied myself in making its near acquaintance preparatory to answering the multifarious demands of customers, as to material, size and price of these nether appendages in general, and thus the day dragged out its weary length with scarcely an incident to relieve its commonplace monotony. I confess to a feeling of homesickness for my pots and kettles and the cheery companionship of 13, nor could I refrain from looking upon my promotion as a kind of banishment, more especially as a quite necessary change in my lunching time, forbade our contemplated noon-day tête-à-tête to our mutual disappointment, but 13 was able to accommodate hers to mine after a short interval, so that now we seldom miss spending the customary half hour together and whilst our lunch baskets are being depleted, we are quite sure to enliven the frugal repast with intellectual dainties no less relishable.

I must not omit to speak of my visit to my friend in her snug little home in that portion of the city, which only a decade ago was given over to whole communities of squatters, whose fantastic habitations made up of odd sections of accommodating patchwork, with a liberal allowance of scrawny quadrupeds and straggling flocks of geese, covered all the available space and gave the neighborhood an air of precarious holdings and unstable proprietorship.

Now, all this is changed as by the waving of a magic wand, and the west side as it is called, is the seat of new and handsome private resi-

dences, bordering upon noble streets and avenues, swarming with busy life of the great and growing metropolis.

It was here that the elevated train delivered us, and after a walk of less than two blocks, we entered an imposing edifice, whose interior indicated that it was designed for occupancy by a number of distinct families. As we approached the upper landing, a lad, tall, slim, and becomingly attired, sprang forward and embracing my friend, remarked "Oh, mother, how well I know your step." It was not until after the indulgence of mutual caresses that Arthur was duly presented. "I knew you were coming," he said, still holding my hand, "and I was ever so glad, for we are so much by ourselves it will be a relief to mamma to have you with us if only for a few hours." At this I caught him in my arms with a real motherly hug, assured that his good qualities had not been overdrawn by an over indulgent mother. Before laying aside my wraps I indulged in a hasty outlook from the windows. The view was magnificent. To the east, stretching far and wide lay the park with its graceful undulations, and promise of an early "wearing of the green," whilst to the westward, far over a very wilderness of house roofs flowed the majestic Hudson, and gave back the tender coloring of sunset ; and further on, the forest crowned hills of Jersey, dotted here and there with picturesque villas that denoted the comforts and refinements of home, sweet home !

"Lay off your things in any convenient place, Lina, and make yourself perfectly at home, in a few minutes we shall ask you to join us at the tea table," said Mildred (for so she requested me to call her), on withdrawing to the rear of her premises, whence I followed to lend a hand in case my services could be made available.

The cozy tea table, with its abundance and good cheer was in harmony with all the rest, and ere we finished our repast, Arthur and I had added a double link to the golden chain that bound its dual inmates in fraternal love.

The passing hours glided so smoothly away that the time of parting came all too soon when both mother and son insisted upon attending me to the cars that were to take me to my lodgings. It is such companionship and such a home as theirs that more than recompense the adversities that beset our lives and fill the weariest of our days with gladness.

Now, indeed, could I understand how it was that Mildred, even in her darkest hours, was sustained by a great hope that was ever present to her inner sense, and like a gleaming star shone above the barriers that hedged in her life.

We said good night, a lingering hesitating good night, with mutual regrets and promises, as the ample vehicle rolled away on its iron track, leaving me to my own little world of fancies and meditations. Kinder friends I shall never know. They have even urged me to bring Walter with me on my very next visit. Perhaps you opine I will not do so !

PAULINE.

TWO SINGULAR CASES OF HYPNOTIC SUGGESTION.

The Paris journals report a singularly interesting case treated by M. Luys, at the hospital, La Charité :

On the first of last February, Eugénie B——, a young lady of twenty years, entered the hospital to be treated for a nervous disorder. She was besides afflicted with an enormous purple-colored blotch which extended from the left ear to the collar bone, and covered completely one side of her neck and one-half of her left cheek. Dr. Luys and his assistant, Dr. Gérard Encausse, conceived the idea of employing hypnotic suggestion to remove this disfiguring blotch.

The young lady was accordingly put to sleep by the usual method, and then the suggestion was made to her not to have any longer this stain upon her face and neck. Three days after the first suggestion there appeared on the neck, in the middle of the blotch, a white spot nearly a centimetre square. In this place the skin had recovered its natural color. The suggestion was repeated each day, and on the 28th of February the white spot in the neck had increased considerably in size ; moreover the skin of the ear had become entirely white. Day by day the blotch grew smaller ; it seemed to melt away, attacked at once in its centre and on the edge, the skin gradually resumed a natural tint, and, what is the essential point in the experiment, it remains so.

Dr. Ernould has also performed some cures quite as curious. This is one of his most recent cases :

One of our friends has a young daughter who, for more than fifteen years, has been afflicted with total deafness, the result of an illness. The distress of a young lady suffering from this cruel infirmity can be easily understood. Every means to restore her hearing had been tried, but in vain. The best specialists of Brussels had been consulted, and they had pronounced it impossible to relieve her ; she was to be deaf forever. When M. X—— heard the cures by hypnotism mentioned, he resolved to make a trial of this means, saying that if it did no good,

it could do no harm. Dr. Ernould induced the hypnotic sleep, and suggested to the young girl that she ought to hear. On the second day a slight improvement was noticed; she could hear the ticking of a watch placed against her ear; the next day she distinctly perceived certain noises made in an adjoining room. Day by day the improvement continued, and to-day, after fifteen days of treatment, Mlle. X— has completely recovered her hearing.—*Banner of Light.*

MEDICAL "ETIQUETTE."

Within the present week in this city occurred an incident that is typical of the extreme to which professional etiquette may be carried. A patient lay ill of a raging fever, whose progress, apparently, had not been prevented or mitigated by the remedies prescribed by the doctor "in charge" of the case. That doctor was not entirely satisfactory to the patient, and was even distasteful to the latter, but had been called in merely because he happened to be near at hand. The sick man protested strongly against the continuance of the seemingly useless treatment, and insisted that the family physician should be called. In a spirit of courtesy, the attending physician was told of the facts and of the wish of the patient. The family doctor was summoned, and was met by the attending physician. The two doctors had a private consultation, and as a result the attending physician announced that he would "remain in charge," despite the objections of the patient and the family, despite the knowledge that his every visit so irritated and exasperated the patient as to increase the fever of the helpless, but thoroughly indignant victim. The family then made an almost piteous appeal to the family physician to visit the patient, whose condition was such as to occasion grave alarm and the most depressing fears; but the reply was made that no reputable physician in Massachusetts would so imperil his standing under the rules which governed physicians as to attend a patient so long as the attending physician refused his consent.

The facts in the case are indisputable, and are given from personal knowledge. The consideration that under the circumstances the very life of the patient might be endangered, made no impression upon the two doctors, who looked only to the "etiquette" of their profession. If the medical practitioners stated the rule correctly, one doctor in this commonwealth may have the conceded right to prohibit the attendance of another doctor on a patient, no matter what the wishes or state of the sick man may be, and as a result of an exaggerated deference to

this "etiquette," it is possible to suppose that a patient, constantly irritated and excited under a condition that demands rest and quiet, may die, but the senseless etiquette will have been observed.

EDITOR'S OUTLOOK.

A WORD ABOUT OURSELVES.

In presenting the May number of the JOURNAL to the public, the editor feels it his duty in this formal manner, to say a few words to its large army of readers. It is, however, at any time, difficult to be personal without incurring the charge of being egotistical, and, although the present occasion may offer an apology for giving utterance to our feelings on reviewing the labors connected with the JOURNAL for the last forty years, we defer, for once at least, to the already expressed testimony of others. As journalists, seeking to promote the higher interests of men, striving to be watchful for them, and faithful in all we say, and to furnish them periodically with subjects, coming home to their bosoms and their business, and to their firesides, we are well aware that *their* verdict must determine how far we have met our engagements.

And it would be alike ungrateful to the public, as unjust to ourselves, were we to overlook, or in any degree depreciate the encouragement which has been extended to us, or the very favorable opinions, all unsolicited, which they have so plenteously expressed.

A retrospect glance at the JOURNAL's course we find that we have had a word for almost every one. The minister in his pulpit and the worshipper in his pew, the merchant in his warehouse, and the workman at his toil, the father executing his parental trust and the mother mindful of her influence and responsibility, those who have their partialities for poetry and those who have their preferences for biography and, finally, the student of history and the student of the Bible.

Never in its history has the JOURNAL been in a more prosperous condition than it is to-day; it has outgrown its present quarters, and in consequence has found a new home; it is alive and on the alert for all new developments in the medical world especially, and its regular readers are found in every part of the globe.

The principles which have characterized the JOURNAL for forty years and won for it the confidence and esteem of its readers will be faithfully and vigorously upheld. The publishers have many new plans to be utilized and carried out, and will endeavor, sparing no pains and expense, to make the JOURNAL an ideal family magazine. Our staff of contributors, we need scarcely say, is and will be, composed of men for the times and having many pens of admitted ability ready when occasion calls, the readers of the JOURNAL may confidently anticipate that its pages shall be occupied with matters bearing on the more momentous interests of the times. Feeling grateful for the kind hints and suggestions of numerous friends, we propose, as we have said heretofore to make many improvements in the JOURNAL which will, we trust, be appreciated, and while

due attention will be paid to matters concerning the health of the home, we shall also endeavor to work out more fully our design to render it a suitable periodical for the family fireside.

Where are you going this summer for health and rest? is the question that is agitating the people's minds just now, and in consequence, the publishers of the JOURNAL have decided to open a Recreation Bureau in connection with the magazine, so that if any of its readers want enlightenment regarding any summer resort in the United States or Canada, how to reach it, information about any of the hotels, their rates, location, etc., simply address the Recreation Department, HALL'S JOURNAL OF HEALTH, Express Building, 28 Park Row, New York.

All information furnished free.

Why we make such a splendid and valuable offer of Chambers Encyclopedia in connection with the JOURNAL, can be readily seen. We want to swell our subscription list to *Thirty thousand* copies by September 1. It can be accomplished if every reader and subscriber of the JOURNAL will aid us.

This offer is especially made to the JOURNAL, and in order to ensure promptness in receiving the Encyclopedia, send in your subscriptions early.

Please bear in mind that the JOURNAL has moved into new commodious offices in the Express Building, 28 Park Row, where the publishers will be pleased to meet the magazine's many friends.

If you do not find the JOURNAL on any of the news stands, please inform us either by person or mail, and we will gladly furnish you a copy.

LITERARY.

DIET FOR THE SICK.—By Miss E. Hibbard, Principal of Nurses' Training School, Grace Hospital, Detroit, and Mrs. Emma Drant, Matron of Michigan College of Medicine Hospital, Detroit; to which has been added Complete Diet Tables for various conditions. Detroit, Mich. The Illustrated Medical Journal Co., Publishers. Paper, 74 pp. Price, postpaid 25 cents, six for \$1.00.

This little book is a worthy supplement to any cook book, as it deals only with the dishes suitable for the sick and convalescent. To this has been added the various authorized Diet Tables for use in various diseases. It also gives various nutritive enemas. The physician can use it to advantage in explaining his orders for suitable dishes for his patient, leaving the book with the nurse.

REVISED ENCYCLOPEDIA BRITANNICA; WORLD'S FAIR EDITION, Chicago Educational Publishing Co.

Every body knows the value of the above work, but all do not know that some 4000 biographies of distinguished people have been added to the American edi-

tion, of which Volume 1 is before us, which is a whole library in itself. The work will be published in weekly volumes after July 1, at \$35.00 a year, till completed. Each volume will contain from 350 to 500 pages of matter, illustrated with colored maps, etc., sent to subscribers by mail, post paid.

No more valuable investment could be made for the money.

METHODS OF PRECISION IN THE INVESTIGATION OF DISORDERS OF DIGESTION, by J. H. Kellogg, M. D. Battle Creek, Mich., Publishing Company.

This is a pamphlet of 74 pp., which every student or practitioner of medicine will appreciate, and shows great care and precision in its tabulated statements and description of particular cases.

Dr. Kellogg is widely known to the profession as head of the famous Battle Creek Sanatorium.

CHOICE RECEIPTS.—By Miss Parloa, the well known founder of Schools of Instruction in Cooking. Specially prepared for Walter Baker & Co's. exhibit at the Columbian Exposition.

Every body knows of Baker's celebrated Breakfast Cocoa, but few know of the many ways of preparing chocolate for family use, explained in this interesting little pamphlet.

A REMARKABLE RESPIRATION RECORD IN INFANTILE PNEUMONIA. By William A. Edwards, M. D., San Diego, Cal., Fellow of the College of Physicians of Philadelphia, etc., etc.

SURGICAL DRESSINGS, ASEPTIC AND ANTISEPTIC. By Seward W. Williams, P. H. C. ; F. C. S.

UNIVERSITY OF PENNSYLVANIA.—The Catalogue and Announcement of this historical seat of learning, for 1892-3, is before us. Its inception goes back to 1749, inspired by a pamphlet by Doctor Franklin, and its first academic quarters were a building erected to accommodate the thronged congregations of the celebrated Whitfield. Its opening was in 1751, since which it continually grew in importance, until in 1757 its first college commencement was held, under a Provisional Charter obtained two years before. Its Provost, Mr. Smith, having incurred the ill will of the Pennsylvania legislature, was thrown into prison and actually received his classes there until liberated, that their studies might not be interrupted. Its university course embraces about every department of learning, with outside experiments in necromancy, not subversive of any useful purpose.

THE NEW YORK STANDARD.—We are in receipt of the April number of this interesting monthly, wherein some of our leading citizens have told the story of their "first watch." But Edison says he never carried a watch and never wanted to know what time it was, but we all know there was never but one Edison. All the rest of the world want watches. Our first watch would go only when it was carried. Something ailed its insides.

THE BANNER OF LIGHT.—Colby & Rich, publishers, Boston.—The Mid-April number of this able and excellent advocate of liberal ideas comes to us with twelve full pages of interesting and instructive matter. Admirable, friend Colby! you can never give us an overdose of good things, and such only we expect so long as you are in command.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

VOL. XL.

JUNE, 1893.

NO. 6.

POPULAR FALLACIES.

It is a great mistake that a morning walk or other form of exercise before breakfast is healthful; the malaria which rests on the earth about sunrise in summer, when taken into the lungs and stomach, which are equally debilitated with other portions of the body from the long fast since supper, is very readily absorbed, and enters the circulation within an hour or two, poisoning the blood and laying the foundation for troublesome diseases; while in winter the same debilitated condition of these vital organs readily allows the blood to be chilled, and thus renders the system susceptible of taking cold, with all its varied and too often disastrous results.

I do not wish to dismiss the statement which I made, with a simple assertion.

The denial of what is almost universally considered a truth so palpable, as scarcely to admit of proof, may well challenge investigation.

Besides, I do not want the regular readers of this journal to have their memories crowded with abstract precepts and pithy saws about health; I desire them, on the contrary, to become masters of general principles, to know and to understand the reason of things; then, these things can be remembered without an effort, while the principle being known, a very varied application is easily made and practically observed, a striking example of which is given in previous issues of the JOURNAL, in reference to the prompt cure of poisons and bites and stings of insects and reptiles, by the employment of familiar articles of kitchen use.

What I shall say on the subject of morning exercise is intended to apply mainly to all sedentary persons, those whose employment

is chiefly indoors. And here I will simply appeal to the actual experience of any sedentary reader if he has not before now noticed when he has been induced from some extraordinary reason to take active exercise before breakfast on some bright summer morning that he felt rather a less relish for his food than usual; in fact, had no appetite at all, there was a certain sickishness of feeling with a sensation of debility by no means agreeable.

It will be said here, this was because it was unusual, that if followed up, these feelings would gradually disappear. If that is so it is but a negative proof, for the system naturally has an inherent resisting power called into action by hurtful appliances. A teaspoon of brandy will produce slight symptoms of lightness of head in some persons if taken before breakfast, but if continued, the same amount will, after a while, produce no appreciable discomfort; the cases are precisely parallel, that a man gets used to drinking brandy is no proof that it does not injure him.

Another person will remind me that the early air of a summer's morning seems so balmy and refreshing, so cool and delightful, that it cannot be otherwise than healthful.

That is begging the question; it is a statement known by scientific observers to be not simply untrue, but to be absolutely false. It is a common observation in New Orleans, where I lived a number of years, by those who remained in the city during the raging of the yellow fever, that when the air of mornings and evenings appears to be unusually delicious, so clear and cool and refreshing, it is a forerunner of an increase of the epidemic. Like the deceitful Syren it destroys while it lures.

If you want to convince any body of anything argue alone.

Having delivered ourselves of this great and useful apothegm we will resume the thread of the argument, taking it for granted that the reader has not forgotten the subject, *a summer's morning walk*.

It sounds charmingly, it brings with its mere mention recollections so mournfully pleasing or associations so delightful, that we long for the realization, at least until "sun up" to-morrow, then what a change! we would not give one half-awake good stretch, one five minutes second nap, for all the summer morning walks of a whole year.

Who does not feel that the *vis inertia* of the first waking moments of a June morning, is worth more than a dozen rambles before breakfast. I am for the largest liberty of enjoyment; I am not among

the multitude of the weak minded folk, the negative sort of minds, to discard what is good to eat or drink, or enjoy, for no other reason that I can perceive, than that it is good, and cross is meritorious. One man says that tea is injurious; another Solomon avers that that coffee makes people bilious; a third, and he an author, has written a book to prove that if we eat wheat bread it will make our bones brittle and that if we live to get old at all the first time we fall we'll break to pieces like a clay pipe stem. Verily this is a free country, for if everybody is to be believed, we are free to eat nothing at all.

So I do not advise a denial of that most deliciously enjoyable entity, a summer morning's nap, because it is for the reasons I have named, more healthful than the so lauded "*exercise before breakfast*." If you must remain in bed until breakfast or be out in the open air an hour or two before breakfast, on an empty stomach, then I say, as far as health is concerned, the nap is better than the exercise, for the incontrovertible reasons I have already given. It requires no argument to prove the impurity of a city atmosphere about sunrise and sunset, reeking as it must, with the odors of thousands of kitchens and cesspools, to say nothing of the innumerable piles of garbage which the improvident poor allow to accumulate in front of their dwellings, in their back yards and their cellars; any citizen may satisfy himself as to the existence of noisome fumes by a summer evening's walk along any of our by-streets; and although the air is cooler in the mornings, yet the more hurtful of these malaria saturate it. But of such a subtle nature are they, that the microscopic observation, no chemical analysis has as yet been able to detect, in an atmosphere thus impregnated, any substance or subsistence to which these deadly influences might be traced, so subtle is the poison, so impalpable its nature. But invisible, untraceable as it may be, its influence is certain and immediate, its effects deadly.

Some will say, look how healthy the farmer's boy is and the daily laborers, who go to their work from one year's end to the other by "crack of dawn!" My reply is, if they are healthy they are so in spite of these simple exposures; their simple fare, their regular lives, and their out door industry, give their bodies a tone, a vigor, a capability of resisting disease, which nullifies the action of malaria to a very considerable extent.

Besides, women live as long as men, and it cannot be said that they generally exercise out of doors before breakfast.

Our Knickerbocker ancestry ! the very mention of them suggests fat ! A double fatness in fact, fat as to body, and fat as to purse ; if you catch hold of one of them, instead of getting a little pinch of thin skin as you would from a lean Yankee, you clutch whole rolls of fat, solid fat. What substantial people the real, identical, original old Knicks are ! how long they live, too ! expectant sons-in-law echo, sighingly, "*how long!*" In fact I do not recollect of their dying at all, at least as we do ; they simply ooze out or sleep away. May we not inquire if there is not at least some connection between their health as a class, and the very general habit of the sons here, derived from their sires in fatherland, of eating breakfast by candle light ? Another very significant fact in point is, that the French in the south are longer lived and suffer far less from the fevers of the country than their American neighbors ! in truth, their exemption is proverbial, and as a class they have their coffee and boiled milk, half and half, with sugar, brought to their bedsides every morning, or take it before they leave the house.

It is not an uncommon thing for persons to go west to select a new home for their rising families never to return ; "*took sick and died !*" This is the sad and comprehensive statement of the widowed and the fatherless, owing doubtless, in many instances to their traveling on horseback early in the morning, and late in the evening, in order to avoid the heat of the day.

Many a traveler will save his life by taking a warm and hearty breakfast before starting in the morning, and by putting up for the night not later than sundown.

It is of considerable practical importance to answer the question, why more persons have died in "the States" from Isthmus fever than in California ! Simply, because on their way out, their bodies are comparatively vigorous, and there is in addition a degree of mental and moral excitement which repels disease ; but on the return, it is strikingly different ; the body is wasted by hardship and privation, while the spirit is broken by disappointment, or the mind falls into a species of exhaustion when successful, from the long and anxious strife for gold ; both causes operating, one to weaken the body, the other to take away all mental elasticity ; it is no wonder that the whole man becomes an easy prey to disease.

JAMES HILLS, M. D.

WHAT IS CHOLERA ?

The theory of cholera is, in its nature, common diarrhœa intensified, just as yellow fever is an intensification of common bilious fever—a

concentrated form of it. But what causes this loose condition of the bowels, which is not, indeed, a premonitory symptom of cholera, but which is cholera itself? That which precedes the loose bowels of diarrhoea and cholera is liver inaction; the liver is torpid, that is, it does not abstract the bile from the blood, or if it does, this bile, instead of being discharged drop by drop from the gall bladder into the top or beginning of the intestines, where the food passes out of the stomach into the bowels proper, is retained and more or less reabsorbed and thrown into the general circulation, rendering it every hour thicker and thicker, and more and more impure and black, until at length it almost ceases to flow through the veins, just as water will very easily pass along a hose pipe or hollow tube, while mush or stirabout would do so with great difficulty; and not passing out of the veins, but still coming in, the veins are at length so much distended that the thinner portions ooze through the blood vessels. That which oozes through the blood vessels on the inner side of the stomach and bowels is but little more than water, and constitutes the rice water discharges so much spoken of in this connection, that which oozes through the blood vessels on the surface constitutes the sweat which bedews the whole body shortly before death, and it is this clogging up of the thick black blood in the small veins which gives the dark blue appearance of the skin in the collapsed stage. What is the reason that the liver is torpid, does not work,—does not withdraw the bile from the blood?

It is because the blood has become impure, and being thus when it enters the liver it fails to produce the natural stimulus and thus does not wake it up to its healthful action, just as the habitual drinker of the best brandy fails to be put “in usual trim” by a “villainous article.”

But how does the blood become impure? It becomes impure by there being absorbed into the circulation what some call malaria, and others call miasm.

But by whatever name it may be called, this death-dealing substance is a gas arising from the combination of three substances, heat, moisture and vegetation. Without these three things in combination there can be no “cholera atmosphere,” there can be no epidemic cholera in these ages of the world. Vegetable matter decomposes at a heat of between seventy and eighty degrees, and that amount of heat in combination with moisture and some vegetable substance must always precede epidemic cholera. The decomposition in burial grounds, in potters’

fields, or of animal matter in any stage or form, does not excite or cause cholera; if anything, it prevents it. I have no disposition to argue upon these points. I merely give them as my views, which I think, time and just observation will steadily corroborate.

The reader may think that he could state some strong facts in contradiction of those given, but I think it quite likely that on investigation these facts of his will be corroborants. For example; how is it that cholera has raged in latitudes where snow is on the ground five or ten feet deep? The people in such countries are generally poor, myriads of them live in snow houses, which are large spaces dug in the snow, with no outlet but one for the smoke, and in this house they live with their domestic animals and all the family offal for months together, so that in the spring of the year there is a crust of many inches of made flooring, while the interior heat from their own bodies, and from the fire for cooking purposes is often eighty or ninety degrees.

THE THEORY OF CURE.

I have said that a torpid liver is an immediate cause of cholera, that it does not work actively enough to separate the bile, the impure particles from the blood.

Whatever then wakes up the liver, removes the torpidity or in plain language, whatever stimulates the liver to greater activity, that is curative of cholera.

Calomel is a medicine which acts upon, which stimulates the liver to action with a promptness and certainty infinitely beyond all the other remedies yet known to men, and the use of any other medicine as a substantive in any plain case of cholera, is in my opinion a trifling with human life; not that other remedies are not successful, but that this is more certain to act upon the liver than all others; and what sensible man wants to try a lesser certainty in so imminent a danger. My whole view as to cholera and calomel is simply this, that while cholera is arrested and cured by a variety of other agents, calomel will cure in all these and thousands of others where other remedies have no more effect than a thimblefull of ashes; that calomel will cure any case of cholera which any other remedy cures and that it will cure millions of other cases which no other remedy can reach; that when calomel fails to cure, all other things will inevitably fail.

PREVENTIVE OF CHOLERA.

There are none, there never can be, except so far as it may be done by quietude of body and mind, by personal cleanliness, by regular and

temperate habits of life and the use of plain accustomed nourishing food. Anything taken medicinally as a preventive of cholera will inevitably, and under all circumstances, increase the liability to an attack.

WHY ?

Nothing can prevent cholera in a cholera atmosphere, beyond the natural agents of nutrition, except in proportion to its stimulating properties. The liver takes its share of the general stimulus and works with more vigor. When the system is under the effect of the stimulus, it is safer, but it is a first truth that the stimulant sooner or later expends its force, as a drink of brandy, for example. That moment the system begins to fail and falls as far below its natural condition as it was just before above it, and while in that condition is just as much more susceptible of cholera as it was less liable under the action of the stimulant, until by degrees it rises up to its natural equilibrium, its natural condition. You can, it is true, repeat the stimulus, but it must be done with the utmost regularity, and just at the time the effect of the previous one begins to subside. This, it will at once be seen requires a nicety of observation, and correctness of judgment which not one in a multitude can bestow, saying nothing of another nicety of judgment, that of gradually increasing the amount of the stimulant, so that the effect shall be kept up to the regular notch ; for a given amount of one stimulant will inevitably fail, after a few repetitions, to produce the same amount of stimulation and the moment that amount fails to be raised, that moment the person is more susceptible of cholera than if he had taken nothing at all. He who takes any medicinal agent, internal or external, for the prevention of cholera, commits an act of the most consummate folly ; and I should consider myself an ignoramus or a knave were I to concoct a professed anti-cholera mixture.

THE SUMMING UP.

When cholera is present in any community, each person should consider himself as attacked with cholera,

First.—If the bowels act less frequently than usual.

Second.—If the bowels act oftener than twice in twenty-four hours.

Third.—If the discharge of the bowels is of a dirty white in color, and watery in its substance.

If he have any indefinable sensation about the belly, which not only unpleasantly reminds him that he has such an article,

but also inclines him to sit down, and makes sitting down a much more pleasant operation than usual. Some persons may think that this fourth item is putting "too fine a point" on the matter, and that it is being over careful; but I know that these very feelings do, in a vast majority of fatal cases of cholera, precede the actual "looseness" so universally and so wrongfully regarded as the premonitory symptom of cholera; "looseness" is not a premonitory symptom of cholera.

Whenever cholera is prevalent in any community, it is as much actual cholera, under such circumstances, as the first little flame on the roof of a house constitutes a "house on fire."

When cholera is present as an epidemic, a person may have one regular action every twenty-four hours; if this action is followed by unpleasant sensations not relieved until the body is in a bent condition, these are the premonitions of Asiatic cholera; and it is wonderful that they have never, as far as I know, been published in a book or newspaper for popular information. At such a stage no physician is needed, no physic is required, only quietude on the back, ice to be eaten, if there is any thirst, and no food but toasted bread and tea of some kind, green, black, sage, sassafras, or any other of the common herbs. Keep up attention to these things until you can walk without any uncomfortableness whatever, and even feel as if it were doing you good and until you are not sensible of anything unpleasant about the stomach. If you get tired of tea and toast, or if it is not agreeable to you, use in their place boiled rice, or sago, or tapioca, or arrow root, or corn starch, or mush made of rice flour. With all of these articles a little boiled milk may be used, or they may be eaten with a little butter or syrup of some kind for a change.

The most certain indication of recovery from an attack of Asiatic cholera is the return of free urination; for during the attack it ceases altogether, a most important fact, but not known, perhaps, to one person in ten thousand, and is worth more than all other symptoms together.

WILLIAM WATSON HALL, M. D.

To be Concluded.

PHYSIOLOGICAL BASIS OF LABOR.

That there are practical difficulties in the adoption of an eight hours' day for all workers none can deny; whether workers are likely to make a proper use of spare time, and whether an eight hours' day should be compulsory or optional, are matters on which there is great differ-

ence of opinion. Few will question that grinding toil from morning till night is most undesirable, and that a reasonable time for recreation and change of scene is necessary for all workers, not least for those whose employment calls into play none of the higher and intellectual sides of the mind, and for those whose work, like that of miners, is of an uninviting and laborious nature.

It is impossible, however to argue such questions from the mere lofty standpoint of theory. Labor problems cannot always be put to the touch of experiment; but in this particular case the experiment has been tried, and its success will do more to convince objectors than any amount of theoretical quibbling. Certain engineering firms in the north of England having determined to give the eight hours' day a trial, took the precaution to agree with the men to reduce their wages by such an amount as would cover half the anticipated loss, the masters bearing the other half. After a few months it was found that there was no loss whatever; the output was as large as before.

Such a result, and it is by no means unique, is not only intensely interesting to the parties immediately concerned, but also opens up a field of physiological research which is almost untouched. It is not often that politics and physiology come into such close relationship. It amounts to this, that when the men worked for nine or ten hours, one or two hours were to all practical intents and purposes wasted.

We do not mean deliberately wasted, but that the natural processes of fatigue operated in such a manner as to lead to a wasteful expenditure of energy. In a shorter day the workmen work with a will, to put it popularly; that is to say, the hours are not sufficiently long to admit of the onset of a time when the voluntary control over the muscles is necessarily lost to a great extent.

The question of fatigue is very nearly related to that of the muscular sense, and few physiological questions have been more keenly discussed. Muscular fatigue is not a purely local muscular condition; the nervous centres are also at fault. Mosso, of Turin, has gone so far as to suppose that some toxic substance is produced during muscular activity which, passing into the blood and reaching the brain, impairs its activity and the will power associated therewith. He has also, by means of an instrument which he has devised and named the ergograph, shown graphically that the fall in the amount of voluntary contractions is not necessarily a steady one, but may exhibit rises in the course of the downfall.

Returning now to the operatives and their eight hours' day, the question arises what is the curve that would represent graphically the amount of work done as the day progresses? Here our information is necessarily scanty; observations are at present few in number, and the investigation on a mass of mill hands is necessarily difficult. In one case, of which we have received private information, the rough and ready method was adopted of directing the foreman to estimate the output per hour.

It was found that the least productive period was the time before breakfast; after this meal the efficiency of the work gradually increased, and reached a maximum about 11 in the morning. From this time onward there was a steady fall, uninfluenced apparently by the subsequent meals, until the end of the day.

This is perhaps what one would expect; working on an empty stomach is not working under the most advantageous circumstances, in spite of the long period of rest by which it is preceded. But every pedestrian knows that his most successful efforts are not made at the start, but when he gets warmed to his work; and every student who has taken muscle curves is aware of what is called the "beneficial effect of contraction," which precedes the occurrence of fatigue.

Dr. Warren P. Lombard, of Worcester, Mass., has made, by Mosso's method, some experiments on himself, in which he has confirmed many of Mosso's results, as well as discovered some new facts. Experiments on a single individual will have to be controlled and, doubtless, corrected by observations on others, but as these are the most recent exact experiments performed in this field of scientific research, it may not be unimportant to quote some of his more important results.

He finds that the causes of fatigue in the muscles made to contract voluntarily are to be sought chiefly in the central nervous system; this is followed by rapid recuperative power. Those influences which lessen the power to do voluntary work are hunger, a fall of barometric pressure, a high temperature, a moist atmosphere, and the use of tobacco.

Those which increase the ability to do voluntary muscular work are exercise, rest, and especially sleep, food, and rise in atmospheric pressure, and the use of alcohol. The experiments with alcohol taken in small quantities were, however, few in number, and did not last sufficiently long to show more than the primary stimulating effect of the drug.

As we said at the outset, observations such as these open up a wide and interesting field, and if followed up on a larger scale by more accurate observations on the working power of larger masses of operatives, we doubt not that social reformers may discover that there is a physiological basis for the shortening of working hours.—*Exchange*.

A LIFE SAVING THOUGHT.

An amount of sickness, suffering and death will be saved to multitudes during any spring and summer, if the suggestions which I am about to make were attended to.

Children eat for three objects: First, to keep them warm; second, to supply the wastes of the system, and third, to afford materials for growth.

Hence, children who are in health, are always hungry, are always eating; we can well remember the happy time when we could eat apples all day and melons and grapes and gingerbread and candies, besides the regular meals of morning, noon and night.

But in mature life the experience of each will tell him how changed; the reason is, one object of eating has ceased to exist, we grow no longer, and nature, with her watchful instinct, steps in and moderates the appetite; for if we ate as when we were children very few would survive a third of a century.

The objects, then, for which men eat are two only: first to keep warm, second to supply the wastes of the system, and whatever is eaten beyond what is necessary for those two things, engenders disease in everybody everywhere and under all circumstances, and never fails, no more than fails the rising of the daily sun, for nature's laws are constant as the flow of time.

No man works as hard in summer as in winter, consequently the wastes of the system are less; therefore a less amount of food is wanted in summer than in winter. The supply must be regulated by the demand.

Again, we eat to keep warm. Some articles of food have ten times more fuel than nutriment. It must therefore be apparent, that we do not require as much food in summer as in winter, for this reason also that there is not the same demand for heat, and kind nature, ever watchful, steps in again and takes away our appetite as soon as the warm weather begins. All of us are sensible of a diminution of appetite even in early spring.

But forgetting the natural reasons for it, we begin to think we are not well, and either by tempting the appetite, or taking tonics or

"forcing" food, crowd the system with more aliment than the body requires. For a while the bodily powers, with the excess of winter vigor, are able to work up this extra supply and convert it into blood, but there is no use for it all, it is not called for and it accumulates in the body, stagnates, or in medical phrase, causes "congestion."

Congestion in the brain causing us to feel dull and heavy and stupid and sleepy; congestion in the stomach causes loss of appetite, congestion in the liver gives rise to nausea, sick headache, diarrhea, dysenteries and the whole catalogue of fevers.

The brute creation, obeying their instinct, are not troubled with the *summer complaints* and the thousand ills which affect and destroy men. But we overpower our instincts and making ourselves the slaves of appetite contrary to reason, perish in multitudes. Investigations have shown, that *we require in midsummer near one-half less food than in mid-winter.*

I throw this great practical truth before the people and for the present leave it.

HOLLOWELL PAYNE, M. D.

BEHIND THE COUNTER.

No. 6.

The floor walker within whose supervising limits my present duties lie is a good deal of a wag. Notwithstanding his readiness at all times to assist the novice, and smooth the way of the transgressor, if the offense is of a nature to be condoned, it sometimes happens that discipline fails to make any lasting impression upon the subject of it, and the final lesson to be applied, however reluctantly, is a dismissal. Among the more youthful assistants at the stationery counter was one of this class, who repeatedly drew attention to herself by her flippancy of manner and careless inattention, even when waiting upon customers. I had frequently observed the floor walker pause in his unceasing round, and even go out of his way to admonish her, but to little purpose, and 'ere long another had taken her place. I knew well enough that she had fallen under the ban of the very one whose warnings had passed unheeded; whose duty, indeed, forced him to give "the nod," though his bald pate forbade any shaking of ambrosial curls. So, at a convenient moment, I alluded to the circumstance in an inquiring sort of a way, but the only reply was a comical stare and in great

soberness this, from the author with whose works we form an early acquaintance:

“ There are some little women, and what do you think ?
They live upon nothing but victuals and drink.
Though victuals and drink is the chief of their diet
Yet these little women will never keep quiet.”

I felt that I was answered.

The position of floor walker is not always an agreeable one. He is at once the director and regulator of affairs within his assigned limits, and the fitness and order of affairs depend largely upon his direction. It certainly requires a person of great aptitude and discrimination to fill the place to the satisfaction of both principal and subordinate. He can have no favorites—at least ostensibly—and familiarity with a subordinate is out of the question. Ever on the alert, he must be quick to see and swift to act whenever circumstances require his jurisdictional interference. He is at once overseer, monitor and arbitrator of affairs, from whose decision there is no appeal. He must sign, or countersign, all slips granting special privileges to either customers or employees, and accordingly as he carries himself will he be estimated. Even the cash girls—that little army of go-betweens—sum him up with discriminating acuteness, and their likes and dislikes are manifested in various ways. It is either “ Old Snooks,” or “ Goodie Brown,” a frown or a smile, whenever he gives one an order or interferes to settle a dispute.

As a rule, floor walkers command good pay, for only those who fill the position acceptably are retained. Some leave, never more to be of us, whilst others, promoted from the sales counter, find their way back there as by a natural selection. It is, after all, the “ survival of the fittest,” as Professor Darwin says of men and monkeys.

I have become quite reconciled to my new place, wherein I have acquired a commendable degree of efficiency ; at least my superior, who is addressed as Miss Hopkins, awards me this credit. Perhaps it is because I had previously had a limited experience with the same line of goods.

I have had to undergo the ordeal of a novice, by being made the mark for an occasional harmless joke. It was only the other day that a healthy pattern of the Celtic race rushed up to me, in a great flutter, with “ Schure, nouw, I was doun to the far end o’ the sthore, an’ I lost me umbrella, an’ the sthore walker said it was ye that had it.” I

directed her to the office for lost packages, and as she turned to go, I caught a glimpse of our perambulating monitor, trying his best to look lamb-like and unconcerned, but his evident struggle betrayed him.

The afternoon of Thursdays is usually the maid-servants' weekly outing time, when they throng the dry goods stores, with their scanty means, and insist upon a very general inspection of the entire stock. If it were not amusing to observe their bungling efforts at gentility, the half day would be void of any enlivening feature.

I have made no allusion to Walter, my steadfast friend, for a considerable time, but it is not because we have not met after the old fashion, and spent many a profitable evening together, with some of the best authors for company. One of our late guests was Dr. Samuel Johnson, who entertained us with his *Rasselas*, whose opening leaves are said to embrace the very perfection of English composition; but I must confess I did not fully appreciate the descent from *Happy Valley* to the *Sorrows of Werther*, the love-lorn hero, who was weak enough to break his heart over another man's wife. Such a sentiment is only fit for idiots. There is no romance in it, and no common sense, and I told Walter plain enough that I didn't care if the story was a classic, and the very finest ever written, the sentiment was abominable, and that if he was silly enough to put himself in *Werther's* place, I wasn't disposed to play the part of another man's wife. At this Walter laughed outright, and without releasing my hand declared that it was the very last thing he could ever wish, that I should ever be another man's wife. Do you think he meant anything serious by that?

PAULINE.

DRAUGHTS AND DEATHS.

Many old people, as well as persons in middle life, are subject to rheumatism, a species of pain or disease, which, like the toothache, meets with little general sympathy, because it is not frequently immediately fatal in its attacks. In the case of many who belong to professions where exposure to atmospheric changes from heat to cold, and dry to wet, necessarily takes place, it is almost impossible to prevent rheumatism occasionally taking effect; but in not a few instances this painful malady might be avoided, simply by being a little more careful of our persons.

There are some people, who, because they are stout and healthy, and have good appetites, and have hardly ever been ill all their days, think

that they may do anything with themselves, and therefore cherish the dangerous idea that "they will not kill." Whenever we see people of this description, we are afraid of them. We know, from experience, that it is they who have the chance of being cut off first among our acquaintances, and so look upon them as persons, who, braving death at every corner, will some day soon be numbered with the dead.

On the other hand, we have never any fears for the man who is always complaining of something trifling being the matter with him ; for we know that he takes good care of himself, and, like a creaking hinge, he will endure a great deal before he parts with existence. People of this sort are dreadfully jealous of an open window, or a broken pane of glass, or a door standing ajar, and well they may, for it is at these holes that rheumatisms, colds, coughs, consumptions, and deaths, get admittance and surprise the inmates. There may be often something ludicrous in the fears excited by seeing the openings in windows and doors which we mention ; but we would advise all who prefer good to bad health, and a warm bed to a place in the churchyard, to submit to any kind of ridicule, rather than sit down in a room, a church, a coach, or any other place in which there is a draught of air playing about, and seeking whom it may devour. If they be wise, they will either see the opening which causes the said draught, closed, or at once make good their retreat. Better to leave the company, and all its fascinations, sound in lith and limb, than have the chance of retiring with at least a rheumatic pain in the shoulder, which sticks to you for years, and seems as if you were perpetually enduring the cut of an axe or the boring of an awl in your flesh and bones.

We are convinced that many young persons literally kill themselves out of mere carelessness and bravado. We have a distinct remembrance of a fine, tall, stout, gentlemanly man of our acquaintance, thus committing a suicide. He measured six feet, three inches in height, was well built in body ; and when he shook any one by the hand, it was like the grip of a vice. He was a true Hercules in frame ; and on looking at him as he paced along the pavement with graceful ease and stateliness, you would have been inclined to say, there goes a man who will live many years : death will find it no easy matter to bring him down. Such a fallacy ! We saw him one fine sunshiny day walking on Prince's street, and none could be compared with him in point of appearance ; people turned about and looked at him as he passed. Six days elapsed, and he was lying in his grave. Some busi-

ness or pleasure had called him a short distance into the country. In coming back, he had missed the stage which he expected would convey him back to town. But this was no disappointment; he was fond of a journey on foot; what was a few miles to him? So he walked home, and overheated himself; took off his shoes and sat for a few minutes in a draught before an open window. In an instant of time he caught his death. A short cough: a creeping cold all over the body: inflammation in the breast, or lungs—it is all one: the doctor: bleeding: high fever: death: the undertaker: funeral letters: and the churchyard. Such was the routine of destruction in the case of perhaps the handsomest man that ever walked on the streets of Edinburgh. Will his example serve as a warning?

We are ever complaining of being affected with colds, and coughs, and rheumatisms, and other diseases, yet we seem to take little care in preventing their intrusion. One-half of the deaths which occur are brought about by our own follies, or our own carelessness. Because we are well, we think we shall never be ill. We go out to evening parties without great coats, or cloaks, or something warm to wrap around our mouths and necks in coming home. We come out of theatres heated to the suffocating height of eighty and ninety degrees, and plunge into an atmosphere almost at the freezing point, and that without a fear of the consequences. We are also criminally careless about the state of our feet. We walk about in wet weather, and come home with damp shoes or boots—will not be at the least pains to change them for others which are dry and comfortable. Of course, colds and coughs ensue; perhaps, also, we procure ourselves some smart twinges in the stomach, and administering a dram by way of antidote, probably hasten an incipient inflammation to its crisis. There is not one of our readers who cannot recall instances of deaths among his acquaintances, caused in this or a similar manner.—*William Chambers.*

INFECTIOUS DISEASES.

The nature of the infectious diseases, chief of which are Asiatic cholera, yellow fever, smallpox, diphtheria, scarlet fever, measles, typhus fever, typhoid fever, and others, are not generally understood by those who so much dread them. While cholera and yellow fever, when they break out in an epidemic, are the most virulent and deadly for a time, they do not on the average cause as many deaths as diphtheria, which stands at the head of infectious diseases for its fatality.

This disease is especially fatal to children, and is one of the most difficult to prevent from spreading. This disease is carried around easily in clothes, food and air, and its spread is very difficult to stop. It will even spread from corpses, and from burial places where the bodies have not been properly interred.

Next to this disease, typhoid fever stands as the most fatal, and as a rule half as many die from this annually as from diphtheria. Typhoid is not so infectious, but it is very deadly in its attack. It is communicated more through food and drinking water. Scarlet fever stands pretty close to typhoid fever in its fatality, and their relative death rate is about four to five. In this disease, as well as diphtheria, typhus fever and smallpox, funerals in a church should never be permitted, as this will frequently spread the disease rapidly. The whooping cough comes next in its deadliness, followed closely by measles. Smallpox is really a very rare disease, owing to prevention by vaccination. Its relative death rate is extremely small compared with the other diseases.

Of late, consumption has been placed among infectious diseases, and the death rate from this disease is one and a half times greater than from diphtheria, more than three times as great as typhoid, over four times as great as scarlet fever, ten times as great as whooping cough, thirteen times as great as measles, and thirty-five times as great as smallpox, or nearly equal to all of the other diseases combined.

COLD BATHING.

Cold bathing in the early morning is beneficial only to those persons who have sufficient vital energy and nervous force to insure good reaction with no subsequent languor or lassitude. Many persons who are greatly refreshed by their morning bath feel tired or languid two or three hours after it. When this occurs it is conclusive evidence against the practice. Persons who have an abundance of blood and flesh, who are lymphatic or sluggish in temperament, and whose nervous force is not depleted, can take the cold morning bath to advantage. Others who are inclined to be thin in flesh, whose hands and feet become cold and clammy on slight provocation, who digest food slowly, and assimilate it with difficulty, who are nervous and who carry large mental burdens, should avoid early morning bathing. For all such the bath at noonday or before retiring at night is far more desirable, and it should be followed

by rest of body and brain till equable conditions of circulation are re-established. Some individuals who are weak in nervous power have such excitable peripheral nerves that they get at once a perfect reaction from cold bathing, but lose in after effects more than the value of the bath. This class of persons should not bathe too often, and should always use tepid water, choosing the time preferably before retiring.

WHOOPING COUGH.

This is a disease more for the mother's care than for that of the doctor. Indeed, the latter can do little. The worst part of it is, that for about two weeks you are quite unsuspecting of the fact that it has a hold upon your child, it is so like an ordinary cold. Vapo-cresoline, burned at night and during the day, if the attack is a severe one, and rubbing the chest with Roche's embrocation, are the most potent remedies. Let the diet be light, giving no meat. The severe spasms of coughing, that sometimes result in such a serious matter as rupture, may be largely ameliorated if the child is old enough to be reasoned with. Endeavor to impress upon him the necessity of self control and of expectorating the phlegm raised. The spasms will not be so severe or last so long with a child thus taught self control as with one who is of a nervous, hysterical temperament, who is allowed to give way to his feelings and become frightened with each fit of coughing.

HOT MILK AS A STIMULANT.

No one who, fatigued by over exertion of body and mind, has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue, will find in this simple draught an equivalent that will be abundantly satisfying, and far more enduring in its effects.

SHELL-FISH FOR INVALIDS.

Some of the different varieties of shell-fish are considered choice articles of food. They have a nutritive value a little less and somewhat

similar to fish, but are not so easily digested. Oysters are the most easily digested of this class of food. Next come lobsters and crabs, and lastly mussels.

For invalids and dyspeptics, this class of food should be excluded from the diet, with the exception of oysters, and these for a person of weak digestion should be eaten raw, or merely warmed through, as cooking renders the oyster tough and more difficult of digestion.

The raw oyster agrees with almost every one, although a few find themselves obliged to discard the hard part, eating only the soft portion. The hard part is muscle, which binds the two half-shells together, and the soft is the liver.

EFFECT OF ENVIRONMENT.

Children are peculiarly susceptible to the beauty or otherwise of their surroundings. They may not be able to voice it—may not be conscious of it, even, but it has none the less a potent influence on their behavior. "I used to notice," said an observing person once, "in a family which I visited quite frequently that when my call was confined to a chat in the library, a lovely ennobling room, full of books and sunshine, if the children were visible at all they were exceedingly mannerly and charming, while on the occasions when I would go down informally to the home luncheon or dinner, their behavior was quite different. The room was dark and sunless, and the belongings good, but all freshness worn off. I finally attributed the change in the children's conduct to their different environment."

MEAT HARMFUL IN SUMMER.

Considering the excessive meat eating habit of our people diarrhea will doubtless be as usual prevalent during the present summer. Meat spoils very quickly in this climate in hot weather, and poisons are then developed in it which cause vomiting and purging. Some people are more susceptible to these poisons than others. Probably the most susceptible are the young and those adults who suffer from digestive disturbances in which the liver is involved and unable to do its work properly—in other words, those who are termed bilious. One office of the liver is to protect the system from poisoning. It destroys certain noxious agents, and particularly those of a putrid character. Of course there is a limit to this power in a healthy liver, and it must be materi-

ally lessened in one deranged. Those who cannot afford to keep their ice chests well filled should buy fresh meats only in small quantities, to be eaten at once. A more economical and safer plan is to forego meats entirely during the very hot weather, and depend upon fruits and vegetables. The vegetarian invariably suffers less discomfort and enjoys infinitely better health during the heated term than does the meat eater.

SUMMER CLOTHING.

Evidently flannel is rapidly displacing linen and cotton for summer underwear here in the north. The most comfortable garments for hot weather are not, as many assume, those which are the lightest. The first essential is the power to absorb moisture. Linen and cotton are notoriously poor absorbents, while wool stands high in this respect. Flannel garments absorb the perspiration readily and keep the surface of the body comparatively dry. Another thing, when wearing linen or cotton, the clothing soon becomes wet and clammy by contact with the perspiring skin, and if one enters a current of air there is rapid evaporation of moisture and the body becomes cooled much too suddenly, in consequence of which disease often results. Of course, the same condition of things follows if the temperature falls and it comes on colder. In our climate, where such changes are extremely common, woolen garments are the only safe ones.

FOR THE COMPLEXION.

Wash your own dishes, polish your own brass and silver, sweep and dust, and make up your own bed, water and tend your own flowers; in fact, keep yourself busy and in good spirits, or take a brisk walk or ride in the afternoon of each day in pretty weather. Eat eggs, milk, rare steaks, wild meats, and other digestible food, leaving off everything fried, rich in condiments and fats. Sleep seven or eight hours in the twenty-four, in a well ventilated room, in which the sun has been permitted to shine two hours each day. Let the light fall on you; you are like a plant, you need it. And in less than a year your complexion will be better than any lotion or pomade could make it,—*Ex.*

EDITOR'S OUTLOOK.

SUMMER RECREATIONS.

In order to derive the highest advantages as to health, from summer recreations, several considerations ought to be kept in view.

Children who are teething should be taken without an hour's delay to the sea shore. The effect is, in multitudes of cases, instantaneous, radical and almost miraculous. Physicians of observation in large cities will testify that children in their second summer, in an almost dying condition begin to improve in their journey to the coast, and within three hours after leaving the heated and sultry atmosphere of the city in midsummer.

There is something in the salt air of the sea which has a renovating and life giving power to all whose brains have been overtaxed; and to many whose nervous symptoms have been impaired by intense excitements, whether arising from business anxieties, or domestic calamities.

There is also a moral effect for good in the roar of the ocean and in the sense of vastness which comes over the mind as the eye gazes upon it, bottomless and without a shore beyond, thus causing heart troubles to be swept away in their significance. To merchants, clerks, lawyers, to all who follow sedentary occupations, who are kept within four walls for a large portion of every twenty-four hours, no better advice can be given than to go off among the mountains, climb to their tops, descend into their valleys, penetrate their recesses, on foot, on horse, in every conceivable mode of locomotion, and they should consider every hour of daylight lost which does not find them in interested motion in the open air. The general rule is to effect a change of air.

Any change is more or less beneficial. There is no locality in any dozen miles apart whose atmosphere has not ingredients differing in some respects from that of other localities, and the human system readily drinks in those new or strange ingredients, just as one takes in, with unwonted delight and benefit, the food of a table a few miles from his own home. Both mind and body the world over yearn for variety, for change. So that a man living for years in the purest atmosphere on earth will be benefited by a change to one which although relatively less pure, has either different ingredients or the same in different proportions. 'To all who can, we say go somewhere, go anywhere rather than remain at home all the time. Go with as light a heart as possible; go determined to get good and do good, and you will seldom fail of both.

But in going leave all "airs" and mocks and pretences and shams behind.

Assume nothing; exact nothing; claim nothing beyond what is spontaneously offered by those with whom you may come in contact. In all situations be courteous, and respect yourself and you will have respect and courtesy shown you. Acting thus you will return home healthier, happier, wiser and better than when you went away.

To give all our readers plenty of opportunity to secure the Chambers Encyclopedia, we have decided to hold open our offer until September first, when it will then close.

The publishers are gratified at the many expressions of satisfaction and kind words already received from our offer, and consequently we feel that our efforts are appreciated. We desire to impress upon all that by offering such a handsome premium it will not depreciate in the least the high standard that the JOURNAL has attained in its forty years of existence. On the contrary we shall make improvements from month to month, and will always be in keeping with the times.

The publishers take the liberty to publish a testimonial from one of our recent subscribers :

SALEM, Mass., April 20.

Publishers HALL'S JOURNAL OF HEALTH :

Your Encyclopedia and the JOURNAL for May, came to hand promptly, and I am delighted with them. The Encyclopedia is a valuable acquisition to our household, and must say, again that I am more than gratified and pleased.

May thousands accept of your efforts to place such a treasury of knowledge before them, and with best wishes, I am yours sincerely,

10 Mason Street.

B. W. NASON.

Our issue for July will appear much earlier than usual on account of our Recreation Bureau.

We are very much gratified at the results of our attempt to make this department a special feature of the JOURNAL.

Daily inquiries are passed through the Bureau, and we again invite all who desire information about any resort in the world, knowledge of its hotels, surroundings, etc., how to reach them, the cost, etc., to address the Recreation Bureau, care of the JOURNAL, and circulars and information will be promptly sent.

In the next issue we propose to publish a guide to all the prominent summer resorts, and it is especially requested that hotels who desire representation in it to forward their circulars *at once*.

LITERARY.

LEPROSY AND VACCINATION ; by William Tebb. London, Swan, Sonnenschein & Co. Octavo, 412 pp. Price, \$1.50.

The work is dedicated to the Royal Commission on Vaccination whose protracted and patient labors have elicited the valuable evidence contained in its already published reports. The book itself is valuable for its historical research into the disease of leprosy, its increase apparently in the old world, and treatment of it. Bound in handsome cloth binding.

VAGARIES OF SANITARY SCIENCE ; by F. L. Dibble, M. D. 12 mo., pp. 462, Philadelphia, J. B. Lippincott Co. Price, \$2.00.

This book, a valuable acquisition to the medical profession, to which it is dedicated, is a complete and exhaustive treatise on sanitary science, and not only should it be readily accepted in the medical circles, but in the many homes of the land. It is handsomely and substantially bound in cloth.

THE REVIEW OF REVIEWS, comparatively a new magazine, is becoming one of the best of our periodicals. Every number seems to be an improvement. The May number begins with a timely article on "The Progress of the World," appropriately illustrated. The work of the women at the Columbian Exhibition is given a liberal space, and is very happily treated. For the business man the magazine is THE periodical for his limited amount of time.

If one desires to keep up with the times in everything that is practical, "LEND A HAND," published by J. Stillman Smith & Co., Boston, is the periodical that

fills in this want. "A New District," meaning upper New York, "The Singers' Alms," "Hall House," "Harvard College," "The North and Union," and other articles of interest grace the pages of the June number. Price, \$2.00 per year.

THE CENTURY, for May, as usual, is a superb number. The opening chapter, "At the Fair," by W. Lewis Fraser, is an admirable descriptive story, accompanied by illustrations. "Sweet Bells Out of Tune," is still continued. Gilbert Gaul pictures life at Nicaragua, interestingly, and many other valuable articles grace its pages.

THE BLUE AND GRAY, a thoroughly patriotic magazine, and its name suggests everything. Soldier life is depicted, its hardships, privations and other discomforts are woven into stories and these valuable additions to our nation's history, find their way to this periodical. It is a typical magazine of soldier life. Published in Philadelphia, at \$2.50 per year.

THE COSMOPOLITAN leads its interesting number for May with an illustrated paper, "In the Footsteps of Dickens." Howell's continued story, "A traveler from Altruna." "American Society in Paris," is admirably treated by Mary B. Ford. Richly illustrated is the "Omega, the last days of the World." A rich number throughout.

Our oldest society paper, the HOME JOURNAL, comes out with its usual directory of summer resorts, and it has proven a valuable feature to the paper, and largely appreciated by people of the best homes of the metropolis and elsewhere. Always bright, interesting and valuable.

The World's Fair number of the YOUTH'S COMPANION is a pleasant surprise to all who are warmly attached to that most excellent paper. Beautifully illustrated, valuable for information. Perry, Mason & Co. are to be congratulated.

THE LADIES' HOME JOURNAL, of Philadelphia, is among the best periodicals that finds its way into the homes of our people. The May number opens with a poem by Edna Dean Proctor.

RECREATION BUREAU NOTES.

The complete transformation of the famous Sterlingworth Inn. Lakewood, New York, into a Sanitarium, is a notable one

Where formerly only those on pleasure bent, sought recreation at the charming resort during the heated term a new class of visitors is rapidly filling the large and elegantly furnished Sterlingworth Inn and Sanitarium, although many of those who have enjoyed its hospitality for a summer are among those who are being benefited by rest and treatment beside the shores of beautiful Chautauqua Lake.

Already open for the season is the Temigewassit House at Plymouth, N. H., and the proprietors, C. M. Morse & Son, expect a successful season.

Old Nantucket is familiarly known the world over. The Springfield conducted by Charles H. Mowry, is one of the best hosteleries in the east. Beautiful Circulars of the famous hotel can be had of us if desired.

There is no more popular hotel at Saratoga than the United States, its popularity is world wide

The Thousand Islands has been truly pictured as the prettiest spot on the globe and along its shores are many popular hostelrys. The Westminster is the hotel for the people beautifully located at Westminster Park; its attractive features are well known to those who have visited that wonderful region. Mr. Inglehardt has gotten up beautiful souvenirs of his hotel and region which can be had by addressing our Recreation Bureau or him personally. The Columbia located at Thousand Island Park is about to enter up on its third year and the Journal bespeaks larger success than has heretofore attended it on account of its splendid management. Its cuisine is unequalled.

If you are going to Saratoga write the manager of the Mansion House for special terms. A beautiful hotel, superbly located.

Any reader of the Journal seeking health, with recreation, one of the best Sanitariums in this section is the one located at the Delaware Water Gap. Write us for Circulars gladly sent on application.

The Blue Ridge Springs, Va. is receiving more than usual attention from tourists for the past few years. The Hotel conducted by Phil. F. Brown ranks among the best in the south.

The Providence and Stonington steamship line has commenced its usual summer time-table and is the most popular service out of the metropolis to Boston and other Eastern points.

The New England Conservatory of Music, the best of its kind in this country, invites the many readers of the Journal which at the seashore or mountain side, to send to us for their new handsome circulars giving full details of its workings.

Among our new advertisers we desire to call attention to the offer of Hall's Catarrh Cure. This ailment, so prevalent as it is the East, has surely found a remedy. The Australian Pill is considered superior to any remedy for its special medicinal qualities. Accept of the offer made especially to the Journal.

Recently there have been many Baby Powders thrown upon the market. Inspection has found that they have proved wanting in meeting the desire of mothers. Dr. Fehr's is standard and is recognized as such the world over.

The cuisine departments of the many hotels in this number of the Journal cannot be complete without the Royal Baking Powder which is absolutely pure and recognized as such by chemists of national reputation. Be not deceived. Royal is standard.

Buffalo Lithia Water has the proper medicinal qualities for dyspeptics especially. The springs open June 1st.

This is the season of the year when every one needs a tonic of some kind. Horsford's Acid Phosphate is one of the best offered.

The house keepers of the land know by practiced experience, that when they purchase Van Houten's Cocoa they have the best and goes fatherest.

HALL'S JOURNAL OF HEALTH

TRUTH DEMANDS NO SACRIFICE; ERROR CAN MAKE NONE.

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No. 7.

POPULAR ERRORS IN MEDICINE.

A very common practice in eating such fruits as cherries or grapes is to swallow the stones, with the vague idea that these promote digestion.

No error can be more fatally absurd. Many cases have occurred where such practices have been the cause of death, and that of a most excruciating nature. One instance is on record of a lady who died in great agony after years of suffering, and the cause was found to be several large balls found in the intestines accumulated around clusters of cherry stones. The husks of gooseberries are often swallowed with the idea that they prevent any bad effects from the fruit. On the contrary, they are the most indigestible substance that can be swallowed, and pass the stomach without any change, although they cause excessive irritation and not infrequently inflammation of the bowels.

Many people put great faith in the wholesomeness of eating only of one dish at dinner. They suppose that the mixture of substances prevents easy digestion. They would not eat fish and flesh, fowl and beef, animal food and vegetables. This seems a plausible notion, but daily practice shows its utter absurdity. What dinner sits easier on the stomach than a slice of roast or boiled mutton and carrots or turnips and the indispensable potato? What man ever felt the worse of a cut of cod or turbot, followed by a beefsteak or a slice of roast beef and pudding? In short, a variety of wholesome food does not seem incompatible at meals, *if one do not eat too much*; here the error lies.

It is a common practice with bathers, after having walked on a hot day to the seashore, to sit on the cold, damp rocks till they cool before going into the water. This is quite erroneous. Never go into the water if over fatigued, and after profuse and long continued perspiration, but always prefer plunging in while warm, strong and vigorous, and even with the first drops of perspiration on your brow.

There is no fear of sudden transitions from heat to cold being fatal. Many nations run from the hot bath and plunge naked into the snow. What is to be feared is sudden cold after exhaustion of the body, and while the animal powers are not sufficient to produce a reaction or recovery of the animal heat. There is a favorite fancy of rendering infants and farther advanced children, hardy and strong, by plunging them into cold water. This will certainly not prevent strong infants from growing stronger, but it will and often does kill three children out of every five. Infants always thrive best with moderate warmth and a milk-warm bath.

The same rule applies to the clothing of infants and children. No child should have so light clothing as to make it feel the effects of cold ;—warm materials, loose and wide-made clothing, and exercise are all indispensable for the health of little ones. But, above all things, their heads should be kept cool, and generally uncovered.

Many people so laud early rising as would lead one to suppose that sleep was one of those lazy, sluggish and bad practices, that the sooner the custom was abolished the better.

Sleep is as necessary to man as food, and as some do with one-third of the food that others absolutely require, so five hours sleep is amply sufficient for one, while another requires seven or eight-hours. Some men cannot by any possibility sleep more than four or five hours in the twenty-four and therefore, true to the inherent selfishness of human nature, they abuse all who sleep longer.

No man should be taunted for sleeping eight hours if he can.

There is a common prejudice in the country that old women, farriers and professed bone-setters, are the only persons fit to prescribe for all sprains, dislocations and broken bones. Are these subjects less likely to be understood by an anatomist and regularly educated man, than the more difficult and intricate diseases which he daily treats with success ? What becomes of all such patients in large cities and hospitals, where a regular surgeon superintends their cure ?

Have we so many stiff joints and deformed and useless limbs as among the patients of the empirical bone-setter ? Many people do not eat salt with their food and the fair sex have a notion that this substance darkens the complexion.

Salt seems essential for the health of every human being, more especially in moist climates such as ours. Without salt, the body becomes infected with intestinal worms. The case of a lady is mentioned in a

medical journal, who had a natural antipathy to salt and never used it with her food; the consequence was, she became dreadfully infected with these animals. A punishment once existed in Holland, by which criminals were denied the use of salt; same consequence followed with these wretched beings. We rather think a prejudice exists with some of giving little or no salt to children. No practice can be more cruel or absurd.

One great cause of reluctance to medicine among the ignorant, is the idea, that many if not all of the powders and potions are made from human bones, and other parts of the body. In the present day no such thing exists; but yet nothing can better exemplify the saying "that popular prejudices are the cast-off clothes of philosophers, in which the rabble dress themselves," than the fact that even the great Lord Bacon believed in amulets; and Boyle seriously recommends the thigh-bone of an executed criminal as a powerful remedy in dysentery. Two-thirds of the medicine in common use are the dried roots, or leaves, or fruits, or gums of vegetables reduced to powder, or infused in water or spirit of wine; the other third are salts, obtained from sea water, from the waters of mineral springs, from burnt sea weed or land vegetables and from various preparations of the metals.

Many a child has turned with horror and disgust from a common emetic powder under the false conception that it was human liver pounded, when he would have even cheerfully taken off the nauseating draught had he been told that it was nothing more than the clean scraped roots of a beautiful little flowering plant that grows in warm countries, called ipecacuan. It is not an uncommon observation and sort of taunt, too, to the medical man that his drugs are all disagreeable to the palate. People do not reflect that this is a wise provision of nature. What, for instance, would be the consequence if the fruit whose pulp bears the bitter purging colocynth, were as inviting to the taste as a pine-apple?

Or how could the ignorant be restrained from every day poisoning themselves, if fox glove, hemlock or henbane bore sweet and enticing fruits? Another general reproach among the uninformed is, that in the present day, physicians disdain to employ in their prescriptions the native plants of this country. This reproach is quite unfounded; there is never a day that some one of our native vegetables are not prescribed; but, undoubtedly, some of our most active and most valuable medicines can only be procured from hotter climates.—JAMES H. DIXON, M. D.

EPILEPSY.

Epilepsy, or "falling sickness," is the sudden loss of all consciousness with convulsions, foaming at the mouth, or livid face, with utter prostration of power and sense; in a few minutes the patient recovers, but without the slightest recollection of what has taken place. These attacks come on, apparently, as sudden and as unanticipated as a stroke of lightning in a clear sky. The original word means "to seize upon," as at any time, in conversing with a friend, or seated at the table, or riding in a carriage, or sitting by the fire, and with every external appearance of perfect health, these fits come on, with fearful contortions, with grinding of teeth and uncontrollable action of every limb and muscle of the body. It is most generally an incurable disease of the brain as a result of a scrofulous constitution. This epileptic condition, or susceptibility, may be in a person, but may never be brought out, never developed because an exciting cause may never be applied, just as powder will never explode unless a spark is applied. The object of this article is mainly to state some of the exciting causes of epilepsy, and thus prevent the development of so unfortunate a habit of body; for its nature is such, that if it occurs but a few times, the habit is formed for a lifetime, or an exemption is purchased only at the price of an eternal and painful vigilance.

The epileptic habit is nearly always set up in early childhood, the most common causes being terror or sudden fright, such as may be occasioned by some sudden noise or the presentation of some terrifying object. It is not always that the child survives the first fit, and pity is it that it ever should, for it is nothing short of a living crucifixion to a parent's heart to witness the terrible contortions which *seem* to rack, with unendurable agony, every fibre of the innocent and uncomplaining sufferer; we say *seem* with an emphasis, for every circumstance connected with an epileptic attack indicates, most unmistakably, an utter unconsciousness of any bodily suffering. A child under three years of age was left in charge of a nurse, while the mother attended an evening party. On repairing to its little crib, on her return, to see that all was well after the assurance of the maid that it had been sleeping soundly, not having made the "slightest bit of a noise," the eyes were glaring widely open, the whole features were stamped with an expression of vague and indescribable horror, and life was extinct. At the feet of the child had been placed a human skull taken from a doctor's office table.

Parents sometimes frighten their children for the amusement of witnessing their gestures and exclamations ; as to its reprehensibility, we need make no remarks.

When an epileptic attack is repeated two, three, or four times, there is seldom any refuge short of the grave, the end being fatality or sudden death. Our greatest anxiety in this article is to attract parental attention to the *first attack*, so that, by exercising a most untiring vigilance against the causes which may repeat it, they may prevent the establishment of the terrible habit for a few years ; for after children enter their teens the susceptibility of an attack is almost nothing. The cause next in frequency to terror and sudden alarm is connected with the stomach, as eating some unaccustomed or indigestible article of food in large quantities.

We once knew a beautiful boy of promise, under ten, who having, with some companions got hold of some eggs, boiled them hard, and ate several, without anything else ; he died in convulsions within a few hours. Often are our children on the verge of such results by the inattention of parents to their feeding ; but they are relieved by spontaneous vomiting, bringing up a mass of sour, undigested food, perfectly nauseating, thus preventing fatal fever or the more terrible epilepsy. Bathing a child in cold water, after a hearty meal is quite sufficient to bring on an epileptic attack in a scrofulous constitution.

We were once called to an only child, about nine years old, in alarming convulsions, with incoherent utterances. He had eaten a hearty dinner, and from some childish freak had followed it up with an enormous amount of table salt. Nature would not vomit, but art gave instantaneous relief to an outraged stomach, and little Richard was himself again. Eating largely of soggy bread, or of the sodden under-crust of a pie, or of a pudding a little soured, may bring on an attack.

When an epileptic habit is once established, our main attention must be directed to avoiding the causes of attack and to the prevention of a threatened attack, waiting the meanwhile for one of those periods of life which are generally believed to make radical changes of constitution, either for better or worse ; the most decided of which are the few years including fourteen and forty-two. One man represents that he prevents attacks in his own case by an iron wedge which he always carries about him ; we should think a wooden one would answer the purpose, with greater convenience. As soon as he perceives a premonitory symptom, different in different persons, but present in all, and

which a close observation will soon learn, he introduces it into his mouth so as to stretch it open to the utmost possible extent. The forcible distension or extension of any other muscle of the body would do the same thing, the pulling of a leg or arm, for example, but this requires the aid of another person; but, as everybody is often alone necessarily, it is important to have a remedy which the patient can apply himself promptly and at all times. Let any reader who is exempt from this infliction stop a moment in affectionate gratitude to Him who ruleth over all, that such a lot is not his own. It has been said that a black silk handkerchief thrown over the face while the fit is on, will bring the person "to" instantly.

No person subject to these attacks should ever be allowed to be alone or on horseback, or to walk along the banks of rivers, or in crowded streets, for obvious reasons. The attacks are sometimes indefinitely postponed by the most vigilant attention to diet.

While medicine has no power to cure epilepsy, it is very certain that grown persons can keep it in abeyance by the exercise of a close observation and a sound judgment, can, in other words, ward off an attack for a lifetime, by attention to two things: *First*. By avoiding, as to quantity and quality, the food which causes any kind of discomfort. *Second*. By regulating the system so as to have one full free action of the bowels every twenty-four hours. To look for restoration in any other direction is utterly hopeless. JOSEPH HEINRICH, M. D.

WHAT IS CHOLERA?

A very great deal has been uselessly written for public perusal about the causes of cholera. One person will tell you that a glass of soda gave him cholera, or a mess of huckleberries, or cucumbers, or green corn, or cabbages, which is just about as true as the almost universal error, that a bad cold causes consumption. A bad cold never did nor ever can originate consumption, any more than the things above named originate cholera.

A bad cold excites consumption in a person whose lungs are already tuberculated, not otherwise, certainly; and so green corn or cucumbers, or cabbages, or *any other food whatever* it may be, which is not well digested when it passes into the stomach, will excite cholera when a person is living in a cholera atmosphere, and the atmosphere is made "choleraic" by its holding in suspension some emanation which is the product of vegetable decomposition.

LIMESTONE WATER.

Much has been written about this agent as a cause of cholera. Those who know least are most positive. It may be true to some extent, and, under some circumstances it may be an excitant of cholera, but I cannot think it is "per se," that it is remarkably or necessarily so. It is known that the whole south and west has suffered cholera in the past. New Orleans especially; yet there is scarcely a decent dwelling there which has not a cistern attached to it, *above ground*, and wholly supplied by rain water; and this is the usual drink, and it is the same case with multitudes of the better class of dwellings in the southern country. As to escaping prevalent cholera, the great general rules are:

First. Make no violent changes in your mode of life, whether in eating or drinking, or sleeping or exercise.

Second. Endeavor to attain composure of mind, quietude, regularity of all bodily habits, temperance in the use of plain, substantial, nourishing food; and let your drinks be a moderate amount of tea and coffee and cold water. If accustomed to use wine or brandy, or any other beverage, or alcoholic stimulants, make no change, for change is death.

If any change at all, it should be a regular, steady, systematic increase. But as soon as the cholera has disappeared drink no more.

Fruits in cholera times are beneficial if properly used. They should be ripe, fresh, perfect, should be eaten alone without cream or sugar, and without fluids of any kind for an hour after, and they should not be eaten later in the day than the usual dinner hour of two. In cholera times nothing should be taken after dinner, except a piece of cold bread and butter and a cup of tea of some kind. This, indeed, ought to be the rule for all who wish to live long and healthfully. The indefinite unpleasantness in the bowels, which I have so much insisted upon as the real, premonitory symptoms of Asiatic cholera, began, whether there be looseness or constipation, most probably precedes every acknowledged attack of cholera, from hours up to days. There are no means for proving this, certainly; for the mass of people are too unobserving. But it most certainly is a safe rule in cholera times to regard it as premonitory, and to act accordingly.

Whatever I have said of cholera in the preceding pages, I wish to be understood as applicable to what has come under my own observation during the general prevalence of cholera in a community.

In different states and countries there are circumstances which modify the disease, its symptoms and everything connected with it, such as locality, variety of exciting causes, their different degrees of virulence or concentratedness, the different habits and modes of life.

These things constitute the reason of the various modes of treatment, and the great error has been the publishing of a successful remedy in one locality and relying upon it in another. But the treatment of quietude, ice and calomel, is equally applicable in every spot of the earth's surface wherever a case of epidemic cholera occurs, since the essential cause of cholera is everywhere the same, to wit : a failure on the part of the liver to work with sufficient vigor to withdraw the bile from the blood and pass it out of the system ; and the mode of removing that effect is the same, to wit, the stimulation of the liver to increased action. And although, in milder forms, a variety of agencies may stimulate the liver to work, and thus restore health, yet inasmuch as calomel is infinitely more reliable than all other liver stimulants yet known, it is recommended as having precedence of all others on the ground previously named, that when danger is imminent and a few hours makes the difference between life and death, it is unwise to trust to a less certain agent when the more certain one is equally at hand, and is the easiest medicine known to be taken, as it has no appreciable taste, its bulk is exceedingly small, and by reason of its weight it sinks to the bottom of the stomach and cannot be rejected except in rare instances.

If, then, calomel is such an admirable agent in cholera, why is it not universally used ? I might as well ask if honesty is the best policy, why are not the majority of men honest from principle ? It is because men are ignorant or misinformed.

Many persons do not know the power of calomel in curing cholera, while others are afraid of it because it sometimes salivates. Suppose it does, better to run the risk of salivation than die.

And even if salivated, a man is not necessarily permanently injured by salivation. I have been badly salivated several times, very many years ago, but I believe I have as good health as most men.

I do not recollect to have lost three meals from sickness in fifteen years past, except from seasickness, and no doubt there are tens of thousands of persons who have been salivated can speak similarly.

But the objection is perfectly childish when it is remembered that perhaps a thousand persons in succession may take calomel and not

two in the thousand be salivated. I might say not two in ten thousand and that in a vast majority of those who are not designedly salivated, this salivation is the result of injudicious administration ; thus—

Salivation is caused by keeping the system too long under the influence of calomel, in two ways. First, by giving small doses at short intervals ; second, by giving an amount so small that it fails to work itself off in ten or twelve hours ; third, by giving a larger amount, but mixing opium in some form or other with it, for in all cases the more opium or other anodyne you give with a dose of calomel, the longer it will be in producing its legitimate action. The best method of administering calomel is to give enough at one time to make it act of itself within twelve hours, and if it does not act within that time, take an injection of half a pint of tepid water, or of a tablespoonful of salts in a half-pint of warm water every hour until the bowels act. Any action of the bowels at all after six hours since taking the calomel may be set down as an action from calomel, and nothing need be done to “work it off.”

If salivation is not designed, it is not best to give a dose of calomel oftener than once a week. By observing the two rules just stated, I do not believe that any general practitioner will have one case of undesired salivation in ten years practice. It is important for the reader to remember that there are sporadic cases, that is, scattering cases of cholera which may not be preceded by constipation, or looseness in the bowels, or uneasiness sufficiently decided to have attracted the observation of the patient ; for in many cases the patient declares that he “*felt*” as well as he ever did in his life, or acquaintances remark that he “*appeared*” to be in perfect health, and yet to-day he is dead of cholera. Yet, I very much doubt if a case of cholera ever occurred without the premonitions above named in a greater or less degree. Still, for all practical purposes, and to be on the safe side, let no one who has looseness in cholera times conclude that it cannot be cholera because he “*felt*” so and so the day before, or because no premonitions were observed ; rather let him conclude they were slight or unobserved and act as he should do if he were perfectly assured that he had at that moment in his own person undisputed epidemic Asiatic cholera. The truth is it is as impossible for a man in perfect health to be stricken down in a moment with a dangerous disease, as it is for a man who has been honest from principle for a lifetime to become in a day a forger or a swindler. As far as my observation has extended, I

believe that the most frequent of all exciting causes of cholera is going to bed too soon after a hearty meal, whether it be a late dinner or merely a supper of fruits and cream, or milk with sugar. I think that eating freely of fruits or berries, ripe and perfect, with any fluid after them and then going to bed in an hour or two, will excite cholera in cholera times. I am inclined to think that huckleberries with cream or milk, except in very small quantity, makes a dangerous diet in cholera times.

I will close the subject with answering an inquiry which no doubt has occurred to the reader, as a conclusive refutation of all that I have said as to the fundamental cause of cholera, to wit: If cholera is the result of heat, moisture, and vegetable matter in combination, why has it not prevailed from time immemorial? Because the climates of the world and of the various countries of the earth are constantly changing, hence new diseases are making their appearance from time to time, while others have vanished from the world. And when a single element of many is changed, an entirely new combination may be the result.

But whatever may be that new or changed element, it can no more, as far as our present knowledge extends, excite epidemic cholera without the aid of vegetable decomposition, than powder can be ignited without the aid of fire.

WILLIAM WATSON HALL, M. D.

FAMILY ORDER.

What a delightful thing it is to know, that from cellar to garret there is not a hiding place for the smallest piece of dust, or dirt, or rubbish; that everything about you is in a cleanly condition; that every piece of clothing is in its usual and proper place; that of the multitudinous articles of domestic convenience and necessity, there is not one which is unfit for immediate use, not one that could not have hands laid on it at any hour of the day or night, to have children and domestics so well drilled, that none of them will fail in a month, to put a thing in its proper place, the moment it ceases to be used; to have all know that doors are to be closed behind them; that the feet are to be well wiped on the door mat; that nothing is to be stepped over; that any unsightly thing is to be removed by the first discoverer by whatever accident placed there; that every garment must be left at night in the same spot and arranged in such a way, that the first one touched is the first to be put on; that no one is

to be called twice to either meal or to get up in the morning; that each one study to spare labor to another, soiling as few garments as is compatible with faultless cleanliness; to be willing to incommode one's self, rather than impose unnecessary labor on cook, laundress, nurse, seamstress or housemaid; that children be self-denying as to one another, loving as to parents, deferential as to guests and courteous towards servants! To have these things requires a wife who is orderly, systematic and industrious. It requires a great deal of patience to develop them in children and hirelings. Yet it can be done.

What a terrible life that unfortunate husband must lead, whose partner is so affectionate and amiable, that she cannot bear to be cross or to reprove anybody about her; who is willing to let all have their own way; who can never see the use by having everything just so; who can never tell where anything is; whose practice is to fit for use when wanted, on the ground that if it is never wanted, there is so much labor saved; who never lays a garment away smoothly because if it has forty thousand wrinkles in it, it cannot be stiff, and is therefore more pliable; who believes that much exercise is dangerous and prevents that rotundity and fullness of muscle, of cheek and limb which all admire, who is satisfied in her own mind that if everything is allowed to take care of itself, there will be no need of her taking care of it, unnecessary labor being a clear loss; who does not believe in shams "therefore will not have the ceiling whitewashed every spring because whitewash only covers up the blackness under it; who says it is wasteful to sweep a carpet because it wears it out, and if let alone the dirt will hide itself *underneath*"; who has always been under the impression that dampness in a dwelling is unhealthful and therefore never has the stairs or floors scrubbed; who avers the uselessness of having the painted woodwork washed, as it takes off the paint and if it was not intended that the paint should remain there it should not have been put on; who never sews on a button for her husband, because, if he was to sew them on himself he will be more careful not to twist them off; who does not employ a seamstress because it is expensive, then sits and sews from morning till night until she is laid up for want of exercise, then must have an extra servant for a nurse, which, with the doctor's bill, would pay a seamstress for a year's work; who sews until midnight, because in the morning she feels sleepy and it takes until breakfast time to get her sleep out; who spends half her time in showing the housemaid how to do things, Biddy looking on with great soberness, as she used to do in her

last place, and will do again because it is a fine thing for the mistress to earn the wages of the maid; who don't like to go down into the kitchen "to look after things" because it looks close and mean to the servants; who hates to lock up things because it is unfeeling to let the help see that you are suspicious, when you have no evidence that they are dishonest; that it is no use to be so saving of food and fuel, for then, scavengers and beggars would have no encouragement to go round and get an honest living; who will at times exert themselves beyond their ability, because there is work to be done and they can't keep it; if they are made sick by it, somebody must be sick, or the doctor would starve; who will tease their husbands for this, that or the other coveted item, because such and such a one has just bought one. "But they live on their income and we are in moderate circumstances." "I don't believe in denying ourselves for the sake of our children, let them tug and toil for themselves." Such is the line of argument in many households, the result, in too many cases being the destruction of family peace, comfort and enjoyment. It is thus that many an ambitious, economical and industrious young husband has been discouraged into idle habits or driven to spend his evenings out in societies, clubs, barrooms and brothels, to end in a drunkard's death, a family unprovided for, in a long widowhood of toil and penury and want, bringing to mother and children that crushing out of all life's hopes which is the certain precursor of wasting disease and premature death.

Let mothers, therefore, as the best means of saving their daughters from wreck and ruin, make it their daily care to bring them up in such a manner that when they enter practiced life, they may be able to perform well the responsible duties of wife, mother and matron. Such a mother honors herself, lays a broad foundation for the happiness of her children and her children's children; and is one of society's benefactors.

In view of these facts, we earnestly advise young men to let the character of their mother have a large influence in determining their choice of a wife, a choice which makes or mars the lot of life and often moulds the destiny beyond. With a good wife a man may be comparatively happy under all circumstances; without one he cannot be happy in any.

WILLARD H. PEASE. M. D.

MEDICINE TAKING.

Medical practice is greatly debased by the less worthy of its professors, but the public are also to blame for much of its errors. Whether as a natural result of eagerness to see *something done* for the relief of

their sick friends, or as a consequence of habits handed down from ignorant times, there is a general prejudice against all practice which does not involve a liberal exhibition of medicine. It must of course often be that only a careful study of the case, directions for the proper care of the patient, and a supervision of the treatment which he receives, is all that is properly required of a medical man. Medicines may not be required, or may be calculated to produce injurious effects, even in the smallest quantities.

But when the medical man finds that procedure such as *he* believes to be necessary is unfavorably regarded by those who call him in, and that if he persists in it, they will discharge him and call another, he is apt to give way, and order a few medicines such as he believes may do the least possible harm.

He ought not to take this course; but the temptation is strong, and a regard to his own interest probably carries the day. Thus the practice of medicine is vitiated, the minds of practitioners are depraved, and the character of the whole profession is lowered. Thus a prejudice is found, to the effect that from illness of any kind medicine is inseparable, and an American is very apt to take powders and pills on the slightest experience of an unpleasant sensation, or perhaps no sensation of the kind, but only to prevent illness. Accordingly, an enormous amount of medicine is consumed needlessly in America. All over the land there are pill warehouses like castles. Large fortunes are realized by patent medicines of the most doubtful character; and the public health is by these means undoubtedly much injured.

Of a great many anecdotes told to me by one well acquainted with medical practice, I shall select one as an illustration of the extent of prejudice existing upon this subject, and its effects in corrupting practitioners. An elderly lady had received a hurt in her arm, which required the attendance of a medical practitioner residing at two or three miles distance. He dressed it about twenty times, and saw it completely healed. Now was his time to consider how he should be paid. "My only chance," said he to himself, "is to begin ordering medicine." He therefore affected to think unfavorably of the appearance of the skin of her arm; it betokened a bad state of blood. "I shall send you something for it," said he. He now began a course of medicine to which the old lady very willingly submitted, and at length when it amounted to fifty dollars, he admitted she was well and sent in his bill. When he next called, she told him she had got the bill and

was wishing to pay it. "But I think," said she, "you must have surely committed a mistake in drawing it." "What seems wrong, ma'am?" inquired he. "If there be any error, of course we can easily rectify it."

"Oh, why, you have forty dollars here for medicines—that is all very well—I have had *that*. But here you have ten dollars for dressing my arm. Now, you know, I had nothing there, you were only put to a little trouble, which was the same as nothing. I cannot understand this part of your bill at all."

"Oh, very well," said he, "if you think so we'll deduct the charge for dressing." It is needless to add that the balance was ample remuneration for his services as well as his medicines.

It is well to remember, that in a vast number of cases of illness, the only thing required is right disposal and treatment of the patient, for the direction of which is as necessary as for the dispensation of therapeutics.

This skill has cost its possessor much time and money; it is therefore as well entitled to its reward when only employed in giving needful directions, as when prescribing medicines. Let no one suppose that a medical attendant is doing nothing when he does not dose, or give a great many orders.

He often does his duty best by doing nothing; and even for this, supposing him to act with judgment and conscientiousness, he is fully entitled to his remuneration:

JOHN E. WHITE.

ORANGES AS A MEDICINE.

It cannot be emphasized too strongly, especially at this season of the year and in this part of the world, that pure fruit juice is one of the best blood purifiers and system-regulators there is. In fact, it is said to be the base of physicians' prescriptions in cases of depleted systems and impure blood.

There are people in this place who testify to this fact, particularly as to oranges. Some people, who have heretofore eaten fruit between meals or just before retiring and condemned it as injurious, have learned in California to eat one or two oranges with nearly every meal, particularly breakfast, and have found to their pleasant surprise that it was better than any medicine ever taken.

Many remarkable things have been claimed for oranges taken as a food, such as making the complexion clear and beautiful, curing the

drink habit and numerous other things as varied and marvelous as the achievements of corn medicines, and there are, doubtless, persons who have made themselves miserable and ridiculous eating oranges by the wholesale in the endeavor to accomplish some such impossible result.

But thousands of persons can testify that a judicious use of oranges is a good thing; but a few precautions must be taken. In the first place, buy nothing but good fruit, especially ripe fruit. Green or bad fruit cannot be good for anybody. Then, if you do not eat the orange out of the shell with a spoon as many prefer to do, be sure to peel it carefully. The white pith lying beneath the yellow rind is one of the most indigestible substances known in the vegetable world. It is better to eat oranges with a spoon and take as little as possible of the cellular matter. Do not eat too many oranges at first; but if the habit of eating them with meals is once formed, a person will never be satisfied to eat a meal without fresh fruit of some kind. The habit will work wonders in a short time toward regulating the system, keeping the blood in good condition and creating a healthy appetite.

There is no doubt that half the pleasant flavor of the orange is destroyed by the difficulty of eating it gracefully, although that is a feat of which, like building an open fire, every one imagines his method is the best. So great a terror does an orange inspire in a woman at luncheon with the fatal example which has so often been told hanging over her of the man who broke an engagement when he saw his sweetheart hacking at one, that this delightful food is generally tabooed. One feels tempted to follow the example of the dear old lady who was in the habit of retiring to her room with an orange and locking the door after her. But the mystery was lately solved at a luncheon, and the solution will be hailed with delight by housekeepers. The oranges were peeled and sliced and brought on the table cut up fine in punch glasses, in which there was a great deal of juice. In each glass there was cracked ice and sugar, and this delicious combination, which embodies all the delights of the fruit, with none of its disadvantages, is eaten with a spoon.

NIGHT AIR.

Before we can hope to fight consumption with any chance of success we have to get rid of the night air superstition. Like the dread of cold water, raw fruit, etc., it is founded on mistrust of our instincts.

It is probably the most prolific single cause of impaired health, even among the civilized nations of our enlightened age, though its absurdity rivals the grossest delusions of the witchcraft era. The subjection of holy reason to hearsays could hardly go further. "Beware of the night wind; be sure and close your windows after dark!" In other words, "Beware of God's free air; be sure and infect your lungs with the stagnant, azotized and offensive atmosphere of your bedroom." In other words, "Beware of rock-spring; stick to sewage." Is night air injurious? Since the day of creation that air has been breathed with impunity by millions of different animals—tender, delicate creatures, some of them—fawns, lambs and young birds. The moist night air of the tropical forests is breathed with impunity by our next relatives, the anthropoid apes,—the same apes that soon perish with consumption in the close, though generally well warmed atmosphere of our northern menageries. Thousands of soldiers, hunters and lumbermen sleep every night in tents and open sheds without the least injurious consequences. Men in the last stage of consumption have recovered by adopting a semi-savage mode of life, and camping out-doors in all but the stormiest nights. Is it the draught you fear or the contrast of temperature? Blacksmiths and railroad conductors seem to thrive under such influences.

MILK INSTEAD OF MEDICINE.

Wise physicians always prescribe a diet instead of a drug for a patient whenever his illness can be cured by food alone. The food is one of the most important factors in moulding the life of an individual; both the mind and body require it for their best development. We too seldom realize that much of our bodily discomforts arise from having had an insufficiency of nourishing food. We stoutly deny being underfed when our doctor says, "You need more food." Six meals a day would barely supply fuel enough to keep the fire burning in the average American woman or man of to-day! The breadwinner of the family comes home from his business at night too tired, too nervous to eat. Very possibly he has not tasted food all day since he ate a hasty breakfast of a roll and a cup of coffee.

Is it any wonder such a man is irritable and soon becomes a sufferer from nervous prostration? The lack of and insufficiency of nutritious food puts a human being in a condition to die of any complaint. It is not the well-fed that die of consumption—it is they that have no time for

eating or resting. The healthiest and longest lived are those that have leisure enough to eat their meals and do eat them. Food keeps the blood vessels full of good blood—disease germs floating about cannot find a lodging place in well nourished persons.

Tempting choice viands are not within the reach of every purse—good, simple, wholesome food is. The poorest man can afford to drink milk, and milk contains every essential needful for the sustenance of vitality and the restoration of lost powers. There are so many ways of preparing milk either alone or in combination with eggs, fresh vegetables, as in soups, etc., that one cannot exclaim at the monotony.

First of all try boiled milk, bearing in mind that milk may be contaminated and that boiling effectually ends the possibility of danger from it. If cold milk is more grateful than hot, drink it cold, taking care to have no ice in direct contact with it. Put the milk in bottles or kettles and let these be in contact with the ice. Cultivate the habit of drinking eight or ten glasses of milk every day. If this is done it will be safe enough to omit meals occasionally. Milk does not seem to agree with some few persons, and for them three or four ounces daily of cream will prove a most excellent food. Hot milk is more effective in relieving nervousness and fatigue than any alcoholic preparation, and is far less expensive. Many "incurable" maladies may be put to flight by living on a milk diet—in ten days one will be improved, and in a few months will find health fully restored.

AGAINST PUNGENT ODORS.

Every one does not know that aromatic salts and very strong, pungent odors are injurious to the nerves of smell, and often produce serious, if not incurable, difficulties. It is well understood that certain scents start the action of the secretory glands of the nose and throat and often the eyes fill up with tears. Frequent indulgence in the use of such perfumes will soon overtask the secretory organs and weaken them. Some day the person observes that the hearing is less acute than usual and the sense of smell seems defective. This is, of course, accredited to a cold or some similar cause, and but little is thought of it. After a time the entire head becomes affected, hearing and smell are almost, if not altogether, lacking, and there are throat and lung complications which are likely to end in chronic, if not fatal illness.

It has taken the medical world a great many years to discover that loss of hearing is almost invariably caused by some disease of the throat or nose, or both. But very recent researches in these fields have demonstrated this fact beyond question, and it is now admitted by the most advanced medical men that aside from rupture of the ear drum there is scarcely a symptom of defective hearing which is not traceable directly to the condition of the nose and throat. In view of the new discoveries, ear specialists are finding their occupations gone, save as they make their particular branch an assistant in further investigation.

It is said that the use of smelling salts is one of the most prolific causes of deafness, operating by weakening the olfactory nerves, and through them the auditory system. All strong or pungent odors should be avoided as far as possible, especially those which act upon the secretory processes and as the popular expression goes, "makes the nose run."

EDITOR'S OUTLOOK.

MAN'S INDISCRETIONS.

The span of human life is shortened sometimes by the disorders of nature, but mainly by our own ignorance and thoughtlessness. We are cut off, though not suddenly yet prematurely, by disease, inappropriate labor, improper, or insufficient, or immoderate foods, and a thousand other irregularities, which would have no existence after a few generations of general enlightenment.

That man, like nature herself, has an inclination towards a certain methodism in his goings out and comings in, cannot be denied, since he is one of the children of nature; but the tendency is frequently shown in so irrational a manner as to neutralize its advantage. He takes his meals at a regular hour—that is his instinct; but he appoints that hour, not according to the dictates of nature, but fashion.

He goes to bed once in twenty-four hours, but the time depends upon circumstances, although these, generally speaking, are completely under his own control. He eats and drinks not only to satisfy hunger and thirst, but gluttony and an inclination for unwholesome stimulants. When this mode of living meets its due reward, and he becomes unwell, all these irregularities are amended under the directions of the physician. He is reduced to order; he falls into the general, not pedantic methodism of nature; and he gets well? Not exactly. He gets well enough to begin his course anew, as if nothing had happened; but the mischief is done—he has cribbed a certain space from his allotted span. There is nothing more absurd and meaningless than that expression—getting well. We *never* get well. Every bygone disease has, in the common phrase, driven a nail in our coffin. The very act of repairing is an added injury; every dose of medicine contains some drops of poison, which even if the disease is cured, subject the patient to a longer or shorter period of convalescence.

A most advantageous custom and one which promotes health to the body and brain, is that of citizens spending the hottest weeks of the year in the country; there cannot be a doubt of its revivifying and regenerating effects, when the time is occupied in a proper manner and the habits of eating, drinking and exercise are dictated by a judicious reference to the ascertained laws of our being. A summering in the country will be beneficial to the body, in proportion as the whole time of daylight, from early breakfast until sundown is spent in active pleasurable exercise in the open air; exercise which, as often as taken, should be to the extent of some little fatigue. As to young men and old the best plan is to be afoot from morning until night, in fishing, hunting wild animals, religiously sparing the sweet birds of the wood, whose gleeful songs, as if in welcome of our arrival ought to smite any generous heart with reproaches, for even the thought of murdering them in cold blood.

As to women and girls, especially those who are burdened with family cases at home, or are weighed down with that greater load, fashionable life, the better plan is to hie to the seashore, mountains or by the lake as soon as the weather is permissible. Keep away from the fashion circles; indulge freely in exercise out doors; row a boat or ride a horse; walk by the earliest dawn, or frolic by the clear moonlight of summer; wear loose clothing and all the while eating not an atom except at the three regular meals of the day; getting all the sleep possible but only during the hours of darkness. Acting thus, few will fail of real and lasting renovation, by spending a summer in the country.

Two months remain for our readers to avail themselves of our Encyclopedia offer. We venture to say that no periodical has ever offered such a valuable premium as this and it is our desire that no one be disappointed in not procuring the treasure.

In order to answer the many inquiries that have come to us asking a description of the Encyclopedia, we take the liberty of giving our readers a few *voluntary* words of praise for the Journal and Encyclopedia, from people already among our readers and who have accepted our offer:

Lowell, Mass., June 1.

To Publishers Hall's Journal of Health.

Journal and premium have reached me in good order. I am very well pleased with the Encyclopedia. It fulfills all that is claimed for it and each of the thirty volumes are neatly and conveniently turned out. Yours, JOHN J. LYONS.

Mrs. H. E. Tyler, of Fairbury, Ill., writes:

I have received Chambers Encyclopedia, offered as a premium by you with the Journal and am very well pleased with it and think it will be a convenient size for reference. Many thanks.

Miss C. E. Marshall, a lady of culture and refinement, who makes her home at the Barrett House, New York City, during the winter and travels during the summer months, enclosed us a check for a renewal of three subscriptions to the Journal, just before she sailed for Italy recently with these words: "I wish to say that your Journal has given me so much pleasure and I have learned much from its valuable hints. Wish you every success."

These are sample letters of what come to our offices regarding our magazine.

Our Recreation Bureau will be continued in the issues of August and September for the benefit of those who desire to take advantage of its unbounded facilities for learning where to spend a vacation or how to go and where to stop in Chicago on your World's Fair visit.

Please bear in mind all information is furnished free and circulars or pamphlets will be forwarded to you upon application.

LITERARY.

UNCLE TOM'S CABIN has certainly "broke loose!" The copyright on this most famous of American novels, by Mrs. Stowe, has recently expired, which frees its publication from the monopoly of the high-priced publishers and though in anticipation of this fact they have within a few months greatly reduced its price; now that it is really "unchained," the consequences are something surprising. John B. Alden, Publisher, of New York, issues several editions selling them only *direct*, not through agents or booksellers; one in good type, paper covers for 5 cts sent post paid, or the same bound in cloth for 10 cts, with postage 7 cts extra; also an excellent large type edition on fine paper handsomely bound in cloth for the price of 25 cents, postage 10 cents. Surely a copy of Uncle Tom's Cabin will soon be found in every home where it is not already. Mr. Alden sends a thirty-two page pamphlet describing many of his publications free or a catalogue of one hundred and twenty eight pages of choice books, a veritable literary gold mine for book lovers, for two cents. Address John B. Alden, Publisher, 57 Rose St, New York.

PHYSICAL EDUCATION, for June (published at Springfield, Mass. \$1.00 per year), is a number of unusual interest. An article on the "Gymnastic Treatment of the Feeble Minded," shows how, through the connection of exercise of muscle, it is possible to exercise and thus develop those parts of the brain that have to do with muscular contraction, and that thus, as well as in other ways described, the brain can be stimulated to develop.

That this is not mere theory is shown by the fact that Dr. Gulick, the writer, is describing simply what he himself has done, giving the reasons for it.

A continued article by Dr. Hitchcock, of Cornell, and R. F. Nelligan, of Amherst is on "Wrestling," and consists mainly of illustrations taken from life, showing the various holds and breaks in the catch-as-catch-can style.

Besides these and major articles there is much of minor interest.

It is a question worthy of some consideration as to the best form in which to reproduce and preserve such features of the World's Fair buildings and exhibits as are best worth preserving. To gather, shelter and properly display in so great profusion the results of the achievements of civilization, at a cost of fifty or sixty millions of dollars only in a brief period, when the buildings are taken down and the exhibits removed, to lose it all, to have preserved no proper representation or description of the brilliant though fleeting spectacle, would be a serious mistake. Obviously, there is but one way in which this can be done, and that is in the

form of a book, print and pictures in about equal parts, neither so large as to be cumbersome, and yet large enough to do the subject full justice.

Such is the plan of **THE BOOK OF THE FAIR**, to be issued in twenty-five parts of forty imperial folio pages each, by The Bancroft Company, Auditorium Building, Chicago. The most thorough and elaborate preparations were made by these publishers to produce what should be in the highest and best sense a work of art and of utility, a book which should be at once beautiful and useful. The best processes were adopted and the best artists secured to illustrate the text, which is by Hubert Howe Bancroft. We have here, then, the history and description of the entire Exposition by an author of known character and repute, aided and adorned by the most beautiful pictures that can be produced. It is safe to say that in no other form can the great Exposition be so well presented and preserved.

THE HYGIENE OF THE SICK ROOM. A book for nurses and others. Being a brief consideration of Asepsis, Antisepsis, Disinfection, Bacteriology, Immunity, Heating and Ventilation, and kindred subjects, for the use of nurses and other intelligent women. By William Buckingham Canfield, A. M., M. D., Lecturer of Clinical Medicines and Chief of Chest Clinic, University of Maryland. Philadelphia, P. Blakiston, Son & Co., 1892. Pp. 247, Cloth \$1.50.

Every home should obtain this book; a brief, terse and exhaustive treatise on nursing; invaluable to the household library.

BLUE AND GRAY, for June, is a rich number "The New Republic" is admirably treated by Edwin Lewis Suter.

Charles F. Currie writes an interesting article on "New Jersey Blue honors Alabama Gray," profusely illustrated.

Louisa Howard Bruce writes tersely on "At War with Love," illustrated.

A popular feature of the magazine is the Youth's department. Popular price \$2.50 per year.

The west comes to the front with an attractive and valuable publication the **COLORADO MAGAZINE**. About the size of the Century, price \$2.50 per year.

The June number contains an interesting article entitled "A Peck of Diamonds," by Frank G. Carpenter, the popular newspaper correspondent. The Naval Rendezvous and Review, is richly treated with illustrations by Lieut. Willoughby Walker.

A short story entitled "Brace Magruder," by Lewis B. France, claims a notice. "The Progress of Medical Science," carefully and thoroughly reviewed by H. T. Goodwin, M. D., Ass't Surgeon U. S. Marine Hospital Service.

The **CENTURY** is full of good things. It opens with an illustrated paper from the diary of Lieut. William Henn, under the title "Caught on a Lee shore." Writing to Rosini," by William Henry Bishop, is a pure, simple thoughtful story of absorbing interest. Frederic Remington's name has become a world wide one especially through his wonderful and interesting portrayal of life on the western plains. "In Cowboy Land," is his latest and is well illustrated. The number is a rich one.

THE TOURIST, for June, a monthly publication, illustrated, published at Utica, by F. G. Barry, is on our review table and is at once attractive by its neat typographical appearance. Well edited, and appropriately illustrated, with contents worthy its unique name, gives it a rank among the leading periodicals of its kind in the country. \$1.00 per year, or clubbed with Journal, for \$1.50.

THE COSMOPOLITAN, for June is as usual, attractive. The introductory article is of local interest The City of Brooklyn, by Murat Halstead, and is handsomely illustrated. "The Rise and Decline of the Hawaiian Monarchy," is a rich article, written by Herbert H. Gowen. "Omega, the Last Days of the World," is continued by Camille Flammarion.

We heartily welcome the first number of the Popular Health Magazine published in Washington, D. C.

Forty-four pages one dollar per year. The publishers of the Journal congratulate the publishers of the magazine upon the neat attractive and well edited periodical.

We have received the first number of the Electro-Light Engraving Co's monthly which the Company announces will appear regularly. Eight pages in size and it portrays beautifully the superiority of their fine work along the line of engraving of all descriptions.

CREMATION AND ITS IMPORTANCE to CHOLERA is the title of an abstract of a discussion at a meeting of the Northwestern Medical and Surgical Society of New York, last January, by Robert Newman, M. D., of 68 West 36th st., New York. It is a ten page pamphlet and it ought to have a thorough distribution.

RECREATION. BUREAU NOTES.

Chautauqua Lake, New York, is the Mecca of many a pilgrim in summer, who there finds rest and recreation, but never until now has it been regarded as a winter resort. The transformation of Sterlingworth Inn, the most fashionable and popular of all the famous summer hotels of Chautauqua, Saratoga (Lakewood), into a sanitarium for treatment of lung, throat and nervous diseases is therefore the more notable. The elegant surroundings and homelike comforts which have attracted thousands in summers past are rapidly filling the Inn, inside of which the potted plants and trees, combined with the warmth and verdure of the South, make one feel as though he had been transported to sunny Florida, or the balmy Bermudas, and while guest or patient, as the case may be, he feels as though his lines were cast in pleasant places and the quiet restfulness appeals to his sense of home comforts.

Rev. Joseph Newton Hallock, editor of the *Christian at Work*, writes after a return from this famous place:—It was not on account of the wonderful nature of Chautauqua Lake that we visited the locality. Nor was it entirely on account of its healthful influences that we left the busy city of New York for Lakewood. A report had come to our ears of an alleged discovery and so-called positive cure for consumption at the Sterlingworth Sanitarium. The much vaunted cures of

alcoholism and the morphine habit taxed our credulity and we were skeptical about their lasting benefits; but the cure for consumption was something we positively disbelieved. But so we thought once of diphtheria, hydrophobia and Bright's disease, and hence when we were courteously invited to visit Sterlingworth and examine for ourselves, we promptly accepted the invitation. This Sanitarium is known to a large number of our readers from the fact that it was formerly an immense Inn; much of the great structure is still used as such during the summer months. The buildings themselves reminds us of the old castles in the middle ages, with all modern improvements.

We were received into the institution and duly introduced to the various physicians in charge of the establishment. In addition to a staff of three or four strictly regular physicians, there is a corps of well trained nurses to attend to all cases and watch every detail.

Two stories out of the great building are devoted exclusively to consumptives and the air in these is kept exactly at the temperature prescribed. These two stories were perfumed or "medicated" with something which reminded us of pine forest, and a long row of patients were inhaling some vapory substance from atomizers. But the physicians disclaimed the use of the atomizers, as of any essential or vital importance. They simply made use of it to assist nature in purifying the lungs and bronchial passages.

The real cure, as they asserted consisted in, first, the destruction of the bacilli and their pores, by the production and maintenance of a change in their environment inconsistent with their continued existence; secondly, in the prevention of sepsis and septic absorption by strictest attention to the most rigid principles of anti-sepsis, atmospheric, respiratory and gastro-intestinal; thirdly, by the promotion of the digestive, excretory and eliminative functions; and lastly by tonic and restorative treatment.

"Listerine," prepared by the Lambert Pharmacal Co., St. Louis, Mo., is a wonderful discovery. Its value in the treatment of Choleraic Diarrhoea, calls for attention just now, especially when fears are entertained that the dreaded disease will undoubtedly find its way again to this country.

"In time of peace prepare for war," is an old valued saying, and now that we have a discovery that will check the premonitory symptoms of the disease, look into its merits and be convinced. Listerine is not only valuable in this particular disease, but it is largely used in general practice by the physician, and the dentists pronounce it invaluable.

To tone up the system and rid yourself of any appearance of scrofula, catarrh, liver and kidney troubles, Murray's Infallible System Tonic is very strongly recommended by people who have learned its merits.

New baking powders seem to still come into existence, but there is none that the housewife so well likes and one that always bears a strong record, simply through its absolute purity, as the Royal. Use no other.

Have you tried the Australian Pill? Dr. Worst's liberal and generous offer to the readers of the Journal still holds good. If you have any liver, kidney, catarrh, or sick head-aches, it would be wise for you to communicate with him.

Van Houten's Cocoa, suggests to one who is addicted to a bilious or nervous temperament, not to use coffee, and it claims for itself, and well it may, a most delicious substitute. Give it a trial.

Tonics are always in order, for the system is seldom out of the line of needing something to "tone it up." There is none that equals Horsford's Acid Phosphate.

The St. Louis Hygienic College of Physicians and Surgeons, makes its annual announcement in this issue of the Journal. The college is open for men and women and it ranks among the best. Address S. W. Dodds, M. D., Dean, 2826 Washington Ave., St. Louis, Mo., for circulars and information.

Round Island, among the Thousand Islands, is one of the prettiest spots on the St. Lawrence River.

The Frontenac is situated in the centre of this island, which is one mile in length with walks, extending through and around the coast to the cottages which are occupied by the owners; the healthful and exhilarating qualities of the atmosphere are unquestionable.

The Windsor Hotel, at Saratoga, is a popular hostelry to all who visit this famous summer resort.

Its cuisine is unequalled and its guests are always well cared for.

If you want good, wholesome mountain air at an elevation of two hundred and fifty feet above the beautiful and picturesque Hudson, visit "The Elmer," at Cornwall. The hotel is supplied with all modern conveniences.

The general topic of the day, and especially just now, vacation season, is the World's Fair. These questions come up in connection with the thought of making a visit to the "Windy City."

How shall I go? and where shall I stop? The latter we can answer for you. Stop at "The Linden," a beautiful hostelry located at 6504 Myrtle avenue, and but ten or fifteen minutes' walk from the Exposition grounds. The rates are very moderate, indeed. Write us for our handsome souvenirs of the hotel, or E. W. Mason, the proprietor.

For a thorough and complete education in Music, Elocution, Languages and the Fine Arts, there is no institution in the country that offers better inducements or advantages than the New England Conservatory of Music, located at Boston, Mass.

Instruction is given by seventy of the ablest American and European artists in all the advertised departments; you are cordially invited to send to our Bureau for circulars of this institution and they will be promptly sent.

One of the best and at present very popular Sanitariums in this section of the country where salt water baths can be enjoyed for the promotion of health, is the new institution at Warsaw, Wyoming Co., New York. The baths alone are attaining great popularity among those afflicted with rheumatic and nervous troubles, and are considered by experts on the same level as the celebrated baths located at Nantwich, England, and Kreuznach, Germany, as to medicinal properties. The Sanitarium buildings are all new and supplied with all modern conveniences.

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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SOME ASPECTS OF SUICIDE.

Suicide is commonly regarded as either an insane act, a moral offence, or, from a sensational standpoint, as an heroic achievement. Besides these aspects there are others resulting from the consideration of suicide as the direct and evident outcome of given social conditions.

Self-destruction is sometimes, though not usually, the result of insanity. In Europe the proportion of suicides to the insane has been estimated by competent observers as about one-third. In this country sufficient statistics to demonstrate the proportion of suicides to the admittedly insane have not been collected, but this proportion is doubtless smaller than is popularly supposed. In most cases of suicide there is evidence of deliberate rational preparation for the act. The suicide is incited by real motives arising from actual facts, and in no way based upon hallucinations. Instances are many where it is possible to show that the suicide has brought his reasoning powers to bear upon this act as well as upon any other act of his life. Consideration for the feelings of friends often covers a case of suicide under the cloak of "temporary mental aberration," when in reality the deed has been well pondered and sanely accomplished. Attempts to defraud life insurance companies by suicide after obtaining heavy insurance for the benefit of a family, have been contrived and carried out as ingeniously as bank robberies, with the expectation of success resting upon the belief that the average juryman will regard the act of suicide as in itself an evidence of insanity. And the expectation is well founded, notwithstanding the fact that both state and national courts have established the opinion that there is no presumption in law that self-destruction arises from insanity.

To encourage the supposition that the suicide is probably insane, is a mistake which may possibly lend itself to fraud, and which certainly diminishes the means whereby the prevention of suicide may be sought.

On the other hand to relegate suicide to the category of moral crimes is to absolve society from responsibility, leaving the decision for or against the act to the conscience of the actor. Hamlet wished that

" The Almighty had not fixed
His canons 'gainst self-slaughter,"

but believing them to be so fixed he did not attempt to justify himself for violating them. But conscience is less alert in this era than in Hamlet's day, certainly the consciences of those "rashly importunate" beings who fly from the ills they have, to others that they know not of, by suicide. Neither is suicide to be justified by the social ethics of our day as it was by a pagan philosopher, and the correction of a misplaced admiration for the heroic element in the deed, is a means to be employed toward checking it.

Suicide is a crime against society, the result of an exaggerated idea of individual independence, and of extra sensitiveness to failure, to disgrace, and to disappointments in life. Its history is interesting from the fact that some of the greatest minds the world has produced, have justified the resort to suicide, not only in theory but in practice. Themistocles killed himself rather than lead the Persians against his country men. Marc Antony died because he believed Cleopatra false to him; Aristotle wrote "Courage is the mean between fear and rashness, while suicide is the sane of both," and then took his own life. The physician who attended the Princess Charlotte in her fatal confinement (Sir R. Croft) committed suicide because his professional reputation was blasted, and Roubreau, a young French doctor, took his life because of his mortification at the reception of a medico-philosophic work he had published.

Suicide in times past as well as at present, may be said to have been a popular manner of ending an unsatisfactory career, of showing resentment at failure and remorse for crime.

Suicide has doubtless been contemplated by many a great mind which has nevertheless refrained from the act. Shakespeare's early sonnets, as well as his subtle examination of "to be or not to be" in the play, indicate how intimately his thought had dallied with the sub-

ject. Goethe in his autobiography frankly records the manner in which he had weighed the notion of closing the fifth act of his tragedy according to his choice, because of the "immoderate demands which life made upon him."

Suicide is undoubtedly on the increase at the present time. Few daily papers in the large cities but record at least one instance of self-destruction in the community. Dr. Hamilton estimates the increase of suicide at the rate of 300 per cent. every seven years. At the date of this writing these items were clipped from a single issue of a daily paper. They are severally headed ;

(1) *Charles S. Rogers'* (President of the Northwestern Cordage Works) *body found*. He committed suicide May 19th, by drowning in the Mississippi river. Cause, business troubles.

(2) Double tragedy in an Indiana town. Christopher Haberkus killed his wife and then himself by cutting his throat. Cause, domestic disagreement.

(3) *Tired of life*, "*nothing to live for*." Robert Proctor of Leominster, Mass.

(4) *A suspicious death*. Supposed suicide by shooting, of the city editor of the *Staats Zeitung*, New York city, after a quarrel with his wife.

(5) Suicide in a Chicago hotel, of F. H. Milburn, son of the blind Chaplain of the U. S. House of Representatives. Cause, penniless and laboring under great despondency.

These daily occurrences brought to our attention, thrust certain inquiries upon us regarding an act which contradicts the strongest instincts of human nature ; such inquiries as—What are the characteristics of suicide? What manner of men and women resort to it? What are the chief motives leading to it? And what can be done to prevent it?

The annals of suicide reveal some constant characteristics, such as (1) its increased frequency at certain seasons of the year. This increased frequency is during the early spring and summer, reaching its maximum in June. (2) The prevalence of the suicidal impulse in the vicinity of great rivers as compared with mountainous regions. (3) The force of example manifested in suicides which are the result of imitation. The case of Colburn's leap from the Brooklyn bridge is to the point. It will be remembered that constant vigilance on the part of the police was for a time required to prevent others from following

his example ; and in Paris, the ascent of the Vendome column has been interdicted because so many sought death by throwing themselves from it—following the fashion.

There is probably no such thing as a suicidal temperament. All sorts and conditions of people resort to it. About two-thirds of the suicides are from the working class, the remainder from among the well-to-do, the literary and professional classes. The number of men suicides is considerably in excess of that of women. Among nations, the modern Germans, the most profound and philosophic thinkers of this time, are also the most suicidal race in Europe. Between the northeast of France and the eastern borders of Germany is an area called "the classic ground of suicide." Out of 359 suicides during three years (1870-71-72) in New York city, 132 were Germans.

The most urgent motive to suicide is misery, from one cause or another.

The civilization of our day despises humble attainments and simple pleasures. There is a race for luxury and renown, for higher and higher successes, both intellectual and material. The struggle is intense, failure unbearable. The result is the razor to the throat, the bullet to the brain. We live fast and the suicide is usually but another unfitted to keep step. Though not insane, he is handicapped by inertia, which hinders his will from reacting against adverse fate. Despondent, reckless and contemptuous, he seeks to end it all. The drunkard may commit murder under the frenzied excitement which renders him for the moment insane, but he takes his own life when the debauch is ended and reason has reasserted her sway. It is well considered discontent with life that we find the paramount cause for voluntarily quitting it. And in proportion as the conditions of life are unfavorable to an approximate success, we shall find the motives for self-destruction strong and suicides frequent. Among the poor, crowded in unwholesome tenements, working in mills and shops under bad sanitary conditions, vices are engendered by the surroundings, which lower the vital tone and tend to discouragement and suicide. Among these vices, seduction and sins against chastity are prolific sources of misery. They destroy self-respect and thereby decrease the love of life, the power of endurance, the hope for better things, and are instrumental in inciting to suicide.

In the depraved mental and physical conditions which we find among bad surroundings, prompting to self-destruction, we come, it is true,

into the border land between sanity and insanity. But diverse propensities, variations in strength and weakness of will, are not to be characterized as insanity. For insanity there must be a differentiation from the normal mental states and moral habits, a change from the habitual point of view—in short derangement. The modification of a customary mood is not insanity. Two-thirds of the suicides committed are among the poor. Many of these would be prevented by the amelioration of their surrounding conditions, by better food, light, air, and by the inspiration of hope.

Education is to be relied on as a potent force for the prevention of suicide, especially that form of education which has as its chief object the formation of a strong character and a stable will.

Wholesome amusements in place of lewd entertainments tend to a frame of mind into which thoughts of suicide do not enter; while the literature which presents distorted pictures of life, suggest base forms of enjoyment, over-stimulates the emotional nature, and encourages expectations impossible to realize, feeds dissatisfaction with the actual, and makes it appear that life is not worth living.

The law already recognizes, as it should, the criminality of suicide, and the sale of poisonous drugs should always be regulated by legislation; but the prevention of two-thirds of the suicides which occur is mainly to be effected through social amelioration and education.

As for the remaining one-third of the suicide class, the well-to-do and well endowed, those who have no right to complain that they have not had a fair chance in the struggle for existence, the means of prevention of suicide among this class must be found in the strengthening of the sense of social responsibility, and in maintaining the position that suicide is a social crime. Society is an association for a struggle with nature and with the adverse, anti-social elements. The struggle requires a united effort. Progress depends upon the discipline and self-control of unbroken ranks. The suicide is the deserter from these ranks, who thinks only of his own discomfiture, who

" Flings his own load off,
And leaves his fellows toiling."

The physician's personal opinion regarding suicide may, on occasion, become a means of preventing the act of self-destruction and the turning point whereon a life hinges. When a patient inquires his physician's opinion of this subject, he is pretty sure to have some thought of the deed in his mind. The medical man needs to be prepared to

make plain the craven nature of the deed, and to have at his tongue's end the argument to prove that the suicide is the shirk.

Rather than by legislative enactments the prevention of suicide must be sought by diminishing the causes of misery and despondency and by heightening in each the sense of his individual value and responsibility.

Providence, R. I.

WM. H. PALMER, M. D.

HEALTH RESORTS AND MINERAL WATERS.

"Mama, when are we going to the country?" is the query of almost every child when the summer vacation in the schools draws near.

Going to the country has become fashionable; every office boy wants his vacation, and many servants leave good situations for the sake of going to a favorite resort, and in engaging make it a *sine qua non* that the family must take her to Newport. At the present time a general stampede has taken place to Chicago, from which many a servant will return in due time, a wiser woman with "experience." Mothers generally think they must take their children to the country. The question now arises, is it really so necessary to emigrate in summer? In a general way, I say no; it is only requisite to live naturally in a healthy air and surroundings. Man can live any where in the world, and will submit to the most diverse conditions imposed by nature or man. To do so depends on his state of health and training, so that he has stored up in his system "energy," which can be drawn upon to meet the vicissitudes of his changing environment.

Health and mental vigor will be best secured by the exercise and co-ordination of large numbers of reflex areas in widely separated parts of the body.

But if I were asked, "Is a change of air and surroundings pleasant and beneficial?" I would say decidedly, "Yes"—and for many even a necessity. While I condemn the fashion or abuse of running to the country, I favor the change for rest and recreation, and consider a health resort a necessity for sick or overworked bodies.

We live in America, as a rule, in extremes; there is either a stand-still or a rush, which causes overwork of mind and body in one case, or depression and worry in the other. Many have no idea how our clergy work. There is every day a morning and evening service, lots of calls on the sick and well, attendance at births, weddings and funerals, presiding over the branch societies, guilds, clubs, and kindred

organizations, looking after the poor, insane, deaf-mutes and cripples, arranging meetings for extra occasions, holidays, service of Sunday schools, besides the regular service and sermons for Sunday. Now, what time is left them to look after their own families? Such a minister needs rest for body and mind, and his congregation generally sends him to the country or foreign lands for recuperation.

And after all, such vacations are no innovation; on the contrary, they were known among the ancients. Hippocrates considered change of residence *pro tem.* as beneficial; Celsus was a climatologist, and advised journeys to the country and ocean; Plivius claimed benefit for consumptives among the pine forests; Galen sent patients to the mountains; Laennec was an enthusiast about sea air, and himself died in a room the floor of which was covered with sea grass.

Dr. H. Brehmer was the first who established a sanitarium for treatment of pulmonary diseases, in Goerbersdorf.

Health resorts came in existence through public favor, people for some reason flocking together at certain places. Situations are generally for certain reasons, as climatology, elevation, scenery, accessibility, healthy surroundings, water for drinking and bathing in all varieties, pleasures in and out-doors, good hunting or fishing, or for the ease and rapidity with which they can be reached. Then, again, these resorts sometimes result from the earnest and careful thought of Mama, who by early experience knows in what kind of grounds young men are accustomed to spend their time in hunting for "deers," I presume.

If we classify such health resorts, we find

1. Ocean resorts, where people go for the sea water and air.
2. Mountain resorts, for high elevation and air accordingly.
3. Inland places, for protection against rough winds, places for solid rest and some sports, in which the lake regions are included.
4. Among the pines, which are recommended for diseases of the lungs.
5. Springs, whose waters have medicinal qualities, for certain diseases.

Wherever either of these qualities existed, health resorts have been established, and they are managed either as

1. Fashionable resorts, as Newport, mostly for pleasure-seekers;
2. Sanitarium, Battle Creek, Mich., for the afflicted; or,
3. Mixed, in which the former two are combined, such as Richfield Springs.

The management of such resorts is very different. In some the regulations are too strict even for a sick man, while in others the want of regulations and systematic diet is a great fault, and the sick are not benefited. So we find that some of our best places, though medically managed, are managed very badly, or, we may say, not managed at all.

We also find winter and summer health resorts. The tropics are naturally winter resorts, while ocean and mountain scenery belong to the summer resorts. The most successful winter resort in Jersey is Lakewood; it has a mild temperature, pure air, and is among the pines; while Atlantic City is frequented both in summer and winter.

WHY DO PEOPLE GO TO HEALTH RESORTS?

Reasons are manifold. The majority go for pleasure and fashion, some for rest and recuperation, the minority for health. One lady came to my office and said: "Doctor, what disease must I have in order to go to Saratoga? Now please prescribe for me, and tell my husband it is absolutely necessary for me to go."

In Richfield Springs, a young lady, who was passionately fond of dancing, told me that she would not have such good chance if it was not for the beastly sulphur spring, in which her old aunt believed; and Sharon Springs is frequented by numerous high political officials, who go to the place and drink large quantities of lager, and return to the city without ever having seen the springs.

Pater familias inquires for the best watering place, where his daughters have a chance to—bathe—to make some acquaintances; you see, they are all over twenty-two.

WATER.

But no matter where health resorts are, nearly all were established because of the presence of some water, which is really the most important factor, from which we may perhaps except mountain regions, and even there water ought to be for different uses. The importance of water cannot be over-rated; we need it everywhere and for everything. Where would our navy be without water? And a glass of good water is most refreshing, particularly if we have had enough of other liquids.

And every body knows that water is not alike everywhere. On the contrary, it differs very much in many respects, as in color, taste and composition. Every good housewife knows the difference between

hard and soft water, and selects one for drinking and cooking and the other for washing clothes.

We find differences in the springs, rivers, lakes and oceans; colors vary from a transparent color to brown, blue, green in all different shades; water may be pure, or have different additions which will act differently and may make it medicinal; and you all know that there exist even hot springs and burning springs. The purest water is not always the best; on the contrary, as a drink, it is very insipid. Pure water we receive often on board of steamers, when sea water has been condensed by steam.

Water originally is composed of

Hydrogen, - 2 parts.

Oxygen, - - 1 part.

This composition of water was first demonstrated by Mr. Cavendish, 1781. We have two methods of research in chemistry:

1. *Analytic*, in which the compound is resolved into its elements.
2. *Synthetical*, in which the elements are made to unite and produce the compound.

By electricity we can analyze water according to the first method only, which was done first by Nicholson in 1800, and later by Faraday. This method is called electrolysis, which can be better demonstrated if the water contains salts in solution.

The positive pole attracts oxygen and acids. (Compound liberated.)

The negative, hydrogen and alkalies. (Base of the salt.)

If the water in a *spring* contains gaseous, mineral or other constituents in quantities, different from ordinary water, sufficient to find therein ingredients of the *materia medica* used for medicinal purposes, we have *mineral water*.

In the different mineral waters we find principally *alkalies* and their salts, as follows:

Carbonates—Carbonate of sodium.

“ manganese.

“ of calcium.

“ of magnesium

“ of lithia.

Chlorides—Chloride of sodium.

Sulphates—Sulphate of sodium.

Phosphates—Phosphate of calcium.

Silicates.

Other constituents are,

Iron—Oxyd of iron.

Malate of iron.

Carbonate of iron.

Sulphate of iron.

Iodine—Bromine.

Therapeutically, we divide mineral waters principally into,

I.—Alkaline waters.

II.—Salines.

III.—Earthy waters (calcium).

IV.—Bitter waters (purgative).

V.—Sulphur waters.

VI.—Gaseous (carbonated).

VII.—Ferruginous.

VIII.—Arsenical.

Each person will derive the best benefit, sick or well, if a watering place is selected for him to suit his individuality. It is not the water he drinks, the baths he takes, which will invigorate him or cure his disease. He derives from it only a partial benefit. The important factors are, change of scene, rest of mind and body, relief from the cares at home, no worry of business, or notes coming due, besides the diet and regulations of the medical adviser. There is no doubt that an individual afflicted with a particular disease will fare best to go to a certain watering place selected for him by his celebrated medical professor. Now, it is very well, and apparently scientific, for the professor to tell his gouty patient to go to Carlsbad; but the poor patient who has no means to pay for such a luxury, and ekes out a miserable existence at home, looks at the professional advice in a different light, and will not follow the advice for obvious reasons.

What to do in such a case is very simple. If the mountain will not go to Mohamet, it follows Mohamet must go to the mountain. Hence, our patient must drink the best mineral water for his case at home, either the genuine, or even a good artificial mineral water. The question arises, how to find or select the best mineral water suitable to his particular case. And there is the difficulty. We find many hundreds of advertisements everywhere, praising a special mineral water, which cures all. Circulars are distributed, with the analysis of a celebrated chemist; certificates of physicians east and west are attached, to bewilder the patient. Every few days I receive circulars, samples of a

new mineral water, and in most cases, attached to the same, certificates from medical authorities, and immediately following these comes the smooth-talking representative of the agent, or the proprietor himself, to demonstrate the virtues of a particular mineral water.

Now, it is granted that many springs have certain medicinal qualities, more or less, while many, many more are perfectly useless, and the best that can be said about them is, they may be harmless. How can a patient, or even a doctor, select now the proper mineral water?

It is an unfortunate fact that in America goods are selected known best to favor, and become popular for no other reason than they are advertised largely. Hence, the name of an indifferent mineral water, well advertised, we will find on all menus, while a better article, standing on its real value and merit, but *not* advertised, is unknown to the multitude.

For certain states or diseases we have, as stated before, favorite places and mineral waters.

From experience and years of observation, my favorite mineral water is "Teplitz," because

1. It has a therapeutical action on all mucous membranes.
2. It has a specific effect on diseases of the kidneys.
3. It is a pleasant table water, which also will mix well with wines and liquors, without changing into tannic acid.

For *these* reasons I recommend "*Teplitz Mineral Water.*"

New York City.

ROBERT NEWMAN, M. D.

(To be concluded.)

PRESERVATION OF BEAUTY.

The rules which I would lay down for the preservation of the bloom of beauty, during its natural life, are few, and easy of access. And besides, having the advantage of speaking of my own wide and minute observations, I have the authority of the most eminent physicians of every age, to support my argument.

The secret of preserving beauty lies in three things—*Temperance*, exercise and cleanliness. From these three heads I hope much good instruction may be deduced. *Temperance* includes moderation at table, and in the enjoyment of what the world calls pleasure. A young beauty, were she fair as Hebe, and elegant as the goddess of love herself, would soon lose these charms by a course of inordinate eating, drinking and late hours.

I think that my delicate young readers will start at this last sentence, and wonder how it can be that any well-bred woman should think it possible that pretty ladies could be guilty of either of the two first mentioned excesses. But, when I speak of *inordinate* eating and drinking, I do not mean feasting like a glutton, or drinking to intoxication. My objection is not more against the *quantity* than the *quality* of the dishes which constitute the usual repasts of women of fashion.

Their breakfasts not only set forth tea and coffee, but chocolate, and *hot* bread and butter.

Both of these latter articles, when taken constantly, are hostile to health and female delicacy. The heated grease, which is their principal ingredients, deranges the stomach ; and by creating or increasing bilious disorders, gradually overspreads the fair skin with a wan or yellow hue. After this meal, a long and exhausting fast not unfrequently succeeds, from ten in the morning till six or seven in the evening, when dinner is served up ; and the half-famished beauty sits down to sate a keen appetite with rich soups, fish, roast and boiled meat, tarts, sweetmeats, ices, etc.

How must the constitution suffer under the digestion of this *melange* ! How does the heated complexion bear witness to the combustion within !

And when we consider that the beverage she takes to dilute this mass of food and assuage the consequent fever in her stomach, is not only water from the spring, but champagne, madeira, and other wines, foreign and domestic ; you cannot wonder that I should warn the inexperienced creature against intemperance. The superabundance of aliment which she takes in at this time, is not only destructive of beauty, but the period of such depletion is full of other dangers.

Long fasting wastes the powers of digestion, and weakens the springs of life. In this enfeebled state, at the hour when nature intends we should prepare for general repose, we put our stomachs and animal spirits to extraordinary exertion. Our vital functions are overtaxed and overloaded—we become hectic—for observation strongly declares that invalids and delicate persons should rarely eat solids after three o'clock in the day, as fever is generally the consequence, and thus, almost every complaint that distresses and destroys the human frame may be engendered.

Besides, when we add to this evil the present mode of bracing the digestive part of the body in what is called stays or lacing, to what an

extent must reach the baneful effects of a protracted and abundant repast.

Indeed, I am fully persuaded that long fasting, late dining, and the excessive repletion then taken into the exhausted stomach, and the midnight, nay, morning hours, of lingering pleasure, are the positive causes of colds taken, bilious fevers, consumption and atrophies.

By the means enumerated, the firm texture of the constitution is broken, and the principles of health being in a manner decomposed, the finest parts fly off, and the dregs maintain the poor survivor of herself in a sad kind of artificial existence. Delicate proportion gives place either to miserable leanness or shapeless fat. The once fair skin assumes a pallid rigidity, or a bloated redness, which the vain possessor would still regard as the roses of health and beauty.

To repair these ravages comes the aid of padding, to give shape where there is none ; stays to compress into form the chaos of flesh ; and paints of all hues to rectify the disorder of the complexion.

But useless are these attempts. If dissipation, disease and immoderation have wrecked the fair vessel of female charms, it is not in the power of Esculapius himself to refit the scattered bark ; or of Syrens, with all their songs and wiles, to conjure its battered sides from the rocks, and make it ride the sea in gallant trim again.

Let us turn from the ruin of all that is beauteous and lovely, to the cheering hope of preserving every charm unimpaired ; and by means which the most ingenuous mind need not blush to acknowledge.

The rules are few. First, *Temperance* : A well timed use of the table, and so moderate a pursuit, that the midnight ball, assembly and theatre shall not too frequently recur.

The next specific is that of daily exercise in the open air. This may be almost always attained, either on horseback, by cycle, or on foot in fine weather ; and when that is denied, in carriage.

The morning, two hours after sunrise, is the most salubrious time for a walk or ride. In short, the morning and evening dew, and the unrepelled blaze of a summer noon, must alike be ever avoided as the enemies of health and beauty.

Cleanliness is of most powerful efficacy. It maintains the limbs in their pliancy, the skin in its softness, the complexion in its lustre, the eyes in their brightness, the teeth in their purity, and the constitution in its fairest vigor. To promote cleanliness nothing is preferable to bathing.

The frequent use of tepid (warm) baths is not more grateful to the sense than it is salutary to the health, and to beauty. As ours is a climate subject to sudden heats, colds and rains, tepid immersion is the *only* sovereign remedy against their usual morbid effects. Every lady should make a bath as indispensable an article in her house as a looking-glass.

JOHN J. LEWIS, M. D.

THE INDULGENCE OF GRIEF.

It is not in the power of every one to prevent the calamities of life—but it evinces true magnanimity to bear up under them with fortitude and serenity. The indulgence of grief is made a merit of by many, who, when misfortunes occur, obstinately refuse all consolation, till the mind, oppressed with melancholy, sinks under its weight. Such conduct is not only destructive to health, but inconsistent with reason, religion and common sense. “There are what may be called the ceremonies of sorrow; the pomp and ostentation of effeminate grief, which speak not so much the greatness of the misery as the smallness of the mind.”

“To persevere

“In obstinate condolence, is a course
Of impious stubbornness, unmanly grief,
It shows a will most incorrect to Heaven,
A heart unfortified, a mind impatient;
An understanding simple and unschooled.”

Change of ideas is as necessary to health as change of fortune. When the mind dwells long upon one subject — especially if it be of a disagreeable and depressing nature, it injures all the functions of the body. Hence the prolonged indulgence of grief spoils the digestion and destroys the appetite. The spirits become habitually depressed—the body emaciated and the fluids deprived of their appropriate supply of nutriment from without, are greatly vitiated. Thus, many a constitution has been seriously injured by a family misfortune, or any occurrence giving rise to excessive grief.

It is, indeed, utterly impossible that any person of a dejected mind should have good health.

Life may, it is true, be dragged on for years. But whoever would live to good old age, and vigorous withal, must be good humored and cheerful. This, however, is not at all times in our power—yet our temper of mind, as well as our actions, depends greatly on ourselves.

We can either associate with cheerful or melancholy companions—mingle in the offices and amusements of life—or sit still, and brood over our calamities, as we choose.

These and many similar things, are certainly within our power, and from these the mind very commonly takes its complexion.

The variety of scenes which present themselves to our senses, were certainly designed to prevent our attention from being too constantly fixed upon one single object.

Nature abounds with variety, and the mind, unless chained down by habit, delights in the contemplation of new objects.

Few persons are hurt by grief, if they pursue their business or their active duties with attention. But it is to be lamented that too many persons, when overwhelmed with grief, betake themselves to the intoxicating bowl. This is making the cure worse than the disease, and seldom fails to end in the ruin of fortune, character, happiness and constitution.

LEANDER J. WHITE.

LIBERAL USE OF BUTTER.

No dietetic reform would be more conducive to improve health among children, and especially to the prevention of tuberculosis, than an increase in the consumption of butter, says an exchange. Our children are trained to take butter with great restraint, and are told that it is greedy and extravagant to eat much of it. It is regarded as a luxury, and as giving a relish to bread rather than in itself a most important article of food. Even to private families of the wealthier classes these rules prevail at table, and at schools, and at public boarding establishments they receive strong reinforcements from economical motives. Minute allowances of butter are served out to those who would gladly consume five times the quantity. Where the house income makes this a matter of necessity there is little more to be said than that it is often a costly economy. Enfeebled health may easily entail a far heavier expense than a more liberal breakfast would have done.

Cod liver oil costs more than butter, and it is, besides, often not resorted to until too late. Instead of restricting a child's consumption of butter, encourage it. Let the limit be the power of digestion and the tendency to biliousness. Most children may be allowed to follow their own inclinations and will not take more than is good for them. The butter should be of the best and taken cold. Bread, dry toast,

biscuits, potatoes and rice are good vehicles. Children well supplied with butter feel the cold less than others and resist the influenza better. They do not "catch cold" so easily. In speaking of children, I by no means intend to exclude other ages, especially young adults. Grown-up persons, however, take other animal fats more freely than most children do, and are, besides, allowed much freer selection as to both quality and quantity. It is not so necessary to raise any clamor for reform on their account.

BREAD AND DYSPEPSIA.

The conclusion that wheat bread is unfit for dyspeptics, sometimes jumped at because ill effects are noticed to follow its use, is erroneous. On the contrary it has been pointed out by Bouchard and others, that farinaceous food is peculiarly adapted to some dyspeptic patients. It is the microbes in the starch, which are capable of producing irritating acids, that cause the trouble. To avoid this, Bouchard recommends that only the crust or toasted crumb of the bread be used by dyspeptics, particularly those whose stomachs are dilated. The reason of this is explained by the fact that baking, temporarily, though not permanently, arrests the fermentation of dough. When it is again heated by the warmth of the stomach the fermentation is renewed. In cases where the bread is toasted brown through the fermentation is stopped permanently.

THEORY OF HUMAN ACTION.

Every human action has three aspects: its moral aspects, or that of its right and wrong; its æsthetic aspect, or that of its beauty; its sympathetic aspect, or that of its loveableness. The first addresses itself to our reason and conscience; the second to our imagination; the third to our human fellow-feeling. According to the first, we approve or disapprove; according to the second, we admire or despise; according to the third, we love, pity or dislike. The morality of an action depends upon its foreseeable consequences; its beauty and its loveableness, or the reverse, depend upon the qualities which it is evidence of. Thus, a lie is wrong, because its effect is to mislead, and because it tends to destroy the confidence of man in man; it is also mean, because it is cowardly; because it proceeds from not daring to face the consequences of telling the truth; or, at best, is evidence of that want of power to

compass our ends by straightforward means, which is conceived as properly belonging to every person not deficient in energy or in understanding. The action of Brutus in sentencing his sons was right, because it was executing a law essential to the freedom of his country against persons of whose guilt there was no doubt; it was admirable, because it evinced a rare degree of patriotism, courage, and self-control; but there was nothing loveable in it; it affords no presumption in regard to loveable qualities, unless a presumption of their deficiency. If one of the sons had engaged in the conspiracy from affection for the other, his action would have been loveable, though neither moral nor admirable. It is not possible for any sophistry to confound these three modes of viewing an action, but it is very possible to adhere to one of them exclusively, and lose sight of the rest. Sentimentality consists in setting the last two of the three above the first; the error of moralists in general, is to sink the two latter entirely.

OVER-EATING.

Not every one over-eats; but some do; to them this brief paragraph is addressed. An excess of food causes an embarrassment to the digestive organs; decomposition and flatulence set in, bacteria multiply and add to the trouble. Putrid and more or less toxic gases and ptomaines, especially if much flesh is eaten, are generated, and a bilious condition supervenes. That sleeplessness should attend such a state of affairs is not surprising. The remedy for this is to reduce the daily rations to the bodily requirements. The necessity of eating slowly and deliberately is apparent, as rapid eaters are more likely to over-eat. Poor food may engender sleeplessness by inducing anaemia of brain and other organs. It cannot be too much insisted upon that the daily fare contain an adequate mixture of albumen, fats and carbohydrates. Indigestible food produces the same evils as excessive amounts of food. Under this head may be ranked improperly cooked food, unripe fruit, pastries, hot bread, fried pork, confectionery. Foods which alone are digestible may become indigestible if too many kinds are eaten to a meal.

The peculiarities of the individual must be respected, and indigestible articles avoided. Much depends upon the muscular work done. Thus haymakers on the salt marshes need food of hard digestion, so as to yield force slowly during many hours; eat with impunity baked beans, boiled beef, cabbage, etc. These people sleep well in spite of their

abominable fare. Such a diet would upset a brainworker or person of sedentary habits. A healthy digestion presupposes a healthy state of the stomach, intestines and accessory organs, and any derangements of these viscera must be corrected before normal sleep can be enjoyed.

SEA-BATHING.

Sea-bathing, on account of its stimulating and penetrating power, may be placed at the head of those means that regard the care of the skin, and which certainly supplies one of the first wants of the present generation, by opening the pores, and thereby reinvigorating the whole nervous system. This bathing is attended with two important advantages. The first is, that besides its great healing power in cases of disease, it may be employed by those who are perfectly well, as the means most agreeable to nature for strengthening and preserving health. In this respect it may be compared to bodily exercise, which can remove diseases otherwise incurable, and which may be used also by those who are sound in order to preserve themselves in that state. The other advantage is, the noble, grand, and indescribable prospect of the sea connected with it, and which, on those not acquainted with it, has an effect capable of bracing up the nervous system and producing a beneficial exaltation of the whole frame. I am fully convinced that the physical effects of sea-bathing must be greatly increased by this impression on the mind, and that a hypochondriac or nervous person may be half-cured by residing on the sea-coast, and enjoying a view of the grand scenes of nature which will there present themselves.

WRINKLES.

No evidence of advancing years is so unwelcome as wrinkles. Wrinkles are but the expression of the inner life, thought, and feeling as the years go by. The best remedies for wrinkles are altogether preventive. A cheerful spirit, contented mind, plenty of sleep, exercise in the open air, and a healthful diet will insure against the appearance of wrinkles almost entirely. When once developed, these measures stand among the best cures known. We may, however, aid in the removal of these unwelcome marks of advancing years by sponging the face with hot water and daily taking a face massage with some oil that is readily absorbed, as lanoline or malvena salve.

These lines are traced as the expression of the face gives them existence, and are encouraged by the absorption of the fat which underlies the skin; when this is developed by massage, the removal of the wrinkles is hastened, but the principal thing to be attained is to prevent their existence by a change of thought, condition of mind and heart.

WASTE OF FORCE.

A source of dyspepsia is emotional waste of nervous force. The nerve force is, to the physical system what steam is to the machine. In the normal condition of things, it is renewed as fast as it is used. But nature makes no provision for the immense amount expended by excessive care, by fuss and worry, by hurry and drive, by explosions of passion and by the undue excitements of pleasure. All these are like a great leakage of steam. The stomach is the first and largest sharer in the loss.

HICCOUGH.

Hiccough in most cases is a very trifling trouble, which generally yields readily to any one of many simple expedients, but in rare instances it proves intractable. A little sugar water quickly overcomes it in babies, while a few swallows of water usually do the same for adults.

Persistent hiccough which stoutly resists treatment, occurs only among the latter, and generally late in the course of fatal chronic diseases in which the stomach or liver is involved. In such cases subcutaneous injections of medicines and galvanism are among the remedies generally employed. A very simple remedy, worth recording, has recently proved effectual after all the ordinary measures were resorted to without avail. It was merely a teaspoonful of pulverized sugar wet with same quantity of vinegar. This was taken at one dose, and immediately stopped the hiccough, which did not return for six hours, and then ceased after a second dose of the same remedy.

INFECTION FROM SOIL.

Much of the ills, whose origin is seemingly unknown, incident to living in rural communities, may be traced to their very doorsteps for their starting place. In how many places is the soil without the kitchen soaked with slops from the cooking, dish washing, etc? Three times a day for weeks, months and years, may be, the ground has been made

to serve for a drain pipe. Filtration after a while becomes impossible owing to the saturated condition of the ground, which is now in a fine condition for breeding bacteria. The slops flow on—the bacteria are caught up in the flow and finally the dirty, germ-laden water, finds its way into a well, occasioning deadly diseases.

LIME JUICE BETTER THAN VINEGAR.

Lime juice is very similar to lemon juice in its nature, and is sold in the market by the bottle. It is generally acknowledged to be an antidote to scurvy, and by English law it is rendered compulsory for every ship to take on board lime or lemon juice. For the Navy the Admiralty use lime juice only. The constant use of lime or lemon juice of good quality greatly discourage a number of complaints—such as tumor, cancer, dyspepsia, bilious disorders, etc., which the present luxurious state of living on liberal flesh, alcoholic diet, without its corrective aid, greatly fosters. This vegetable acid should be placed on the dinner table instead of the vinegar bottle, and as regularly as salt, while as an ingredient for sauce, for almost any kind of food, it has no equal. As a salad dressing to mix with oil, it is more wholesome than vinegar.

HOW TO FUMIGATE A ROOM.

The proper way to fumigate a room is to close the doors, windows, fireplace, etc., pasting strips of paper over all the cracks. Fumigation by burning sulphur is most easily accomplished. Two pounds of sulphur should be allowed for every room from ten to twelve feet square. It is better to divide it up and put it in several pans, rather than burn the entire quantity of sulphur used in one pan. To avoid the danger of fire, these pans should be set on bricks, or in other and larger pans filled with water or with sand. After pouring a little alcohol on the sulphur and properly placing the pans about the room, the furthest from the door of exit should be lighted first, the others in order. The operator will need to move quickly, for no one can breathe sulphurous flames with safety. After closing the door, the cracks around it should be pasted up as was done within the room. Six hours at least is generally necessary to fumigate a room properly; at the end of that time it may be entered and the windows opened; and they should be left open as long as is convenient, even for a week if possible. After fumigation, a thorough process of cleansing should be instituted. At least the walls and ceiling should be rubbed dry; much the better

way is to whitewash and re-paper. The floor and the woodwork and the furniture should be scrubbed with a solution of carbolic acid or some other disinfectant.

PERSPIRATION.

If you perspire excessively, avoid warm baths, and if unable to take absolute cold ones, sponge the body with slightly tepid water, to which has been added diluted sulphuric acid in a proportion of two drams to a pint of water. The affected parts should then be powdered generously with powdered starch, which could be scented with orris root.

The foot-sore wanderer through the World's Fair buildings will find solace in a foot bath of hot alum water every night before going to bed. With the best of care the feet are apt to be tender and troublesome in the warm months, and this will be found most efficacious.

EDITOR'S OUTLOOK.

CHOLERA OBSERVATIONS.

Realizing that cholera is prevailing in the "old world," and any day is liable to be brought to our own shores, despite the fact that every precaution is being taken to prevent it, we feel it our duty towards humanity to say a word. Suppose our medical profession, at this time, with the aid of the press, arise and make a combined movement to help the community to an accurate discrimination of the disease in its early stages. The distinction between Asiatic cholera and common diarrhoea is palpable and easy, and every man can carry that distinction in his memory. Cannot an uneducated man tell certainly if he has an evacuation which is *copious, watery, colorless, painless* and *inodorous*? Any man of ordinary talents can ascertain, in two minutes, that something has happened to him which he never experienced before. I said *painless*. It is this quality of the evacuation which leads men to the amazing apathy so common, and permits them to let hours—even days—elapse before the physician is at his post. As this Asiatic destroyer has now become *Americanized*, our people *must* be able to make an early discrimination, and our profession *must* learn how to prevent the fatal collapse. Our formula in the early stage of cholera is a simple one, and should be borne in mind by every reader of the JOURNAL. Combine 15 grains of calomel and 4 grains of opium. Take every four hours. If every business man would keep a powder of the above prescription in his pocket, to swallow if occasion required, it would scarcely do harm and would greatly aid the efforts of the physician employed.

In our September issue, our Summer Recreation Bureau will be discontinued until another year.

We realize that we have done a great work, and been the means of aiding many people by practical suggestions. Our Educational Bureau will be inaugurated in

the October number, and any of our readers who desire a catalogue of any school of prominence in the United States or Canada, make your wishes known by addressing our Educational Bureau.

Another month remains for those who desire to take advantage of our Encyclopædia offer. Last chance.

LITERARY.

HOW NATURE CURES: Comprising a New System of Hygiene; also, *The Natural Food of Man.* By Robert Densmore, M. D. London: Swan, Sonnenschein & Co.; New York: Stillman & Co. pp. 405.

Dr. Densmore's pen is one of the raciest of the profession, and what he writes is always sound logic. In the above book he advances the same lines of thought that have always been put forth by this Journal since its inception.

How to doctor, how to get well and keep well, is, as he says, "nature's engineering," and he uses many very apt and sensible illustrations. The book itself is a family physician, and should find a place in every household in the land.

SPEECHES OF SIR HENRY MAINE; with a Memoir of his life. By the Right Hon. Sir M. E. Grant Duff. New York: Henry Holt & Co. pp. 451. Price \$3.50.

Sir Henry Maine was, beyond a doubt, the recognized leader in the field of jurisprudence. The portrayal of his life, so ably and interestingly pictured by his colleague, is well worthy of perusal. Born of humble parentage, he arose to eminence. He was a professor of civil law at Trinity College, Cambridge, at 23 years. Many personal reminiscences are put forth by the author.

THE POPULAR SCIENCE MONTHLY takes a wide range over the field of science in the July number. It opens with an account, by Henry C. Lea, of the treatment formerly given in Spain to insane offenders against the church, under the title, "The Spanish Inquisition as an Alienist." The views of Herbert Spencer on "Private Relief of the Poor," are given in his well known clear and incisive manner. Dr. W. D. Eastlake enables us to look in again upon daily life in Japan, through a fully illustrated sketch of the "Moral Life of the Japanese." Professor E. S. Tillman describes, also with illustrations, the strange "Fossil Forests of the Yellowstone." Under the title "Are there Evidences of Man in the Glacial Gravels?" the director of the Geological Survey, Major J. W. Powell, defends the action of his assistants in attacking Professor Wright's book on the glacial period; and this controversy receives attention also in the Editor's Table. The number is very interesting throughout.

LIPPINCOTT'S MAGAZINE for August, contains a complete novel by Robert Barr (Luke Sharp), entitled "In the Midst of Alarms." It is a tale of the Fenian invasion of Canada in 1871. The sixth in the series of the magazine's notable stories is "James Holiday," by Valerie Hays Berry, illustrated. In "The Lady of the Lake," Julian Hawthorne describes some of the statuary and other attractions of the Columbian Exposition.

The athletic series is continued in an article on the national game by Morton B. Young, with portraits of leading players. "Zachary Taylor, His Home and

Family," is by the President's grand-niece, Mrs. Annah R. Watson. W. H. Babcock discusses "Supermundane Fiction," and M. Crofton, in "Men of the Day," presents brief sketches of Sir J. E. Millais, Sir Arthur Sullivan, General Diaz and Philip D. Armour.

THE COSMOPOLITAN for July astonishes the world by its announcement of reduction of its price, twelve and one-half cents per month. The publisher's expectations as to increase in circulation has become fully realized. By reducing its price the general standard of the periodical remains the same—good and substantial. Charles De Kay discusses "A Turning Point in the Arts," illustrated. "The Great Railway Systems of the United States," with its illustrations, is a prominent feature of the number, and is very interesting. William Dean Howells finds time to contribute "A Traveller from Altruria," one of his characteristic pen illustrations. Many other articles appear worthy of careful perusal.

THE CENTURY comes with its usual supply of good things. The July number opens with a glance at a feature of the World's Fair, under the title of "Color in the Court of Honor at the Fair," illustrated; Royal Cortissoz is the contributor. The continued story, entitled "The White Islands," by Mary Hartwell Catherwood, is one of the features. Allan McLane Hamilton writes intelligently upon the subject "Mental Medicine," a remarkable portrayal of treatment of disease by suggestion. There are many other good things that make the number attractive.

The July REVIEW OF REVIEWS opens with a frontispiece of Thomas A. Edison. Under the heading, "Progress of the World," the periodical is replete in its treatment of timely topics of interest to the whole world.

The World's Fair receives considerable attention. Electricity claims a large share of notice. Charles D. Lanier writes interestingly upon "Two Giants of the Electric Age," meaning Thomas A. Edison, while J. Munro also writes jointly upon the work of Sir William Thomson (Lord Kelvin).

Our patriotic exchange, the BLUE AND GRAY, for July, is, as usual, interesting; especially so as we have no publication of its character. Revival of the war is vividly portrayed in its columns—articles written by men who were there and came out to tell the story.

It has just entered upon its second volume, and congratulations are in order.

THE BOOK OF THE FAIR, now in course of publication, says: "A certain engineer, employed by the government in the opening years of the present century on a survey of the great lakes, reported that there was only one spot on the shore of Lake Michigan where a city could not be built. On that very spot the business quarter of Chicago now stands."

THE PRESENT STATUS OF ELECTROLYSIS in the Treatment of Urethral Strictures, a paper by Robert Newman, M. D., of New York, in pamphlet form, has come to our office, and is well worthy of perusal.

"SUMMER DISEASES," is the title of a handy little booklet published by H. K. Mulford Co., of Philadelphia.

GENERAL NOTES.

By a thorough chemical test, the Warsaw Salt Baths have been pronounced as the strongest natural salt water baths in this country. This fact kept prominent before the readers of this journal is all that is essential in order to satisfy people who are in need of such treatment, where to go. The Sanitarium, located at Warsaw, N. Y., is one of the best in the country.

The Lambert Pharmacal Company, of St. Louis, Mo., may well lay great stress upon the real value of their preparation, which is fast becoming popular. Listerine is a preparation that can be used quite generally. It is becoming largely used by dentists all over the country. One dentist says, "The more I use Listerine the better I like it, and this I report after prolonged trial." Hundreds of such sentiments are sent to the manufacturers.

The existence under one roof of the schools of music, elocution, languages and fine arts, controlled by the one idea of the greatest efficiency at the lowest possible cost, makes the New England Conservatory of Music at once comprehensive and economical. It has, moreover, a most elegant and well appointed home, in which reside nearly four hundred lady students, under the care of an efficient preceptress and a lady physician of high reputation. The advantages of living, and taking all studies, and attending the excellent free courses of lectures, concerts, etc., all under one roof, is of immense importance to the student, as it does away with so many causes for loss of lessons, etc.

The Australian Pill receives hearty commendation from every source where it has had a fair trial. Write Dr. Worst of your ails and be convinced.

Horsford's Acid Phosphate needs no particular introduction to the readers of this journal. Its popularity has been established by its medicinal qualities.

It is claimed that what all the world is seeking, a successful treatment of consumption, is being carried on at the Sterlingworth Sanitarium, at Lakewood, New York. The institution publishes no circulars, but gives the results of the treatment, showing that they are curing consumption, although they do not claim to cure all victims of the disease.

Their original claim that climatic influence is not necessary for a cure will attract many who are banished to Colorado or similar climates in order to prolong life. The company invite the closest scrutiny, and will send abstract of cases already treated and furnish all the references asked in regard to patients who have already been cured.

We consider it our duty each month to call the attention of the lady readers of our journal to the *only* baking powder manufactured. It's the Royal.

One of the most delightful spots in this section of the country is the Delaware Water Gap. Healthful, picturesque and attractive. The Water Gap Sanitarium is an institution that has an open door for the feeble and sickly the year around, and is fast reaching a great popularity for its thorough treatment.

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HYGIENE HINTS FOR RAILWAY TRAVEL.

We are fast becoming a nation of travellers. Year in and year out, we are restless enough, but when summer comes, then are our houses turned upside down and emptied of their contents, while the inmates roam about, now here—now there, like the dove of Noah, seeking in vain a resting place.

Of course there are reasons, many and good, for this strange restlessness on the part of our people. These I will not now discuss, but offer instead, a few suggestions upon the Hygiene of railway travel, and the best methods of overcoming its attendant evils.

A thoughtful observer says, "In view of the important part which railway travel plays in our lives as a people, and the risks run by our wives and children, it is curious that no one has seen fit to point out in language that even schoolboys could understand, the influence upon the physical being which so much persistent moving about must have."

All life upon the railway is a complete change from the ordinary, and even the strongest individual must be troubled by those inevitable horrors, shaking and dirt. In spite of all the refinements of the modern palace-car and sleeper, we cannot escape more or less of the jerk and jolt, the shaking and swaying of even our best roads.

The effect of these on brain and nerve is like the dreaded sea-sickness, and many a delicate person avoids the water to suffer from the same trouble on dry land.

When one is something of an invalid—not exactly sick, but "a little under the weather," the jar of the train is sure to act injuriously on the nerves. Many invalids we see starting on long journeys, alone, and with a recklessness truly astonishing.

If such persons must travel they should certainly take advice from a trusted and skilled physician and rely implicitly upon it. A few

simple rules from such a source are greatly to be preferred to any self-doctoring, be the individual never so wise upon every day affairs. A dose of some tried sedative will often check the beginnings of a nervous attack,—a carefully prepared stimulant produces the needed "toning up" and no after troubles appear, such as are too apt to follow the medicines we choose for ourselves at such a time.

Even the most robust are exposed to many ills, unknown at home. Perhaps there is nothing more common than colds that come as the result of draughts. From open door, window or ventilator they are always ready to sweep down on the unwary.

In summer, when the system is all relaxed, perspiration at every pore, and the whole physique calling for coolness—up goes the windows, all rush to catch the delightful breeze—and the mischief is done. Then comes the severe cold, and all the attendant disagreeable consequences. The sleeping car is a regular nest for the growth of these ills, and no one can be secured against them. The only possible way to avoid them is by scrupulous care in dress and diet. All who travel must wear woolen garments next the skin. What is worn on the outside matters little if this one rule is obeyed. For adults this woolen underwear is essential ; for children to be without them is a crime.

Nowadays such articles are made of every grade and style, and no one who is able to pay the price of railway travel can be too poor to obtain them. The ideal dress for the delicate traveler or a child when in the sleeper, is a loose fitting wrapper of flannel, thick stockings (and knitted slippers when ready to step from dressing-room to berth), and over the ears and around the head an ample silk or woolen handkerchief. These need not be expensive—many a woman has saved herself from the earache or toothache, by the comfortable folds of an old dilapidated veil, or Shetland shawl.

Dirt is almost as great an evil as jolting in railway travel. It is impossible to keep clean. Examine the hands after even a short trip, and they will be found dirty ; and after a thorough washing there remains still a grime that has been absorbed by the skin so deeply as to be almost fixed. The open pores are clogged by these particles, just as corks stop the open bottle and thus we have the beginnings of kidney disease. Physicians are well acquainted with what is called "Railroad kidney," and its victims are railroad men, such as conductors, brakemen, engineers and others.

Of course such results do not follow on ordinary journeys, but it is nevertheless true that those who already suffer from kidney disease are rendered much worse by travel on the rail.

Comfort may be secured at small cost and by an outlay of good judgment and forethought. A travelling bag is a necessity. In it should be, first—a sponge safely enclosed in a rubber bag. Keep the sponge damp, and when the face is hot or feverish, the cool moisture will awaken gratitude. Then add two or three soft old towels, some clean handkerchiefs, a tiny alcohol stove or lamp, with cups of tin in which to heat fluids, a flask of alcohol, a flask of strong, home-made beef stock, out of which to make beef tea or savory broth, some lemons, salt, sugar (safely kept in tin boxes), a bottle of some good fruit-salts that may be easily made into a tempting drink. In shawl straps carry rugs, pillows and a folding board.

This is a contrivance invented by an invalid and described in a recent medical journal for the benefit of those who have long felt the need of just such an article. "Take a piece of board eight inches wide, and three fourths of an inch in thickness. In length three feet and four inches, or long enough to rest an inch or so on each seat when it is placed across from one seat to another in a railway car. Saw it into two parts, and screw in two strap hinges, so that it will fold up. Carry it in the shawl strap and when opened with hinges on the under side, it forms a strong and perfect support for weary limbs. If several of these boards can be carried along, a very comfortable couch can be made for an invalid."

Of course such extra provision is not needed where all the party are well, but there are certain articles that prudence would always suggest, as accidents and sudden illness are so frequent. No doubt every family has a list of medicines that long usage has rendered essential.

The following is offered in cases of inexperience. Some of these are prescribed for emergencies and some for cases that seldom occur, but all have been advised by a skilled physician.

"A flask of good whiskey, one dozen cathartic pills, quinine pills (2 grains), compressed tablets of phenactine, used for headache and fever (5 grains), a menthol pencil, six ounces of soap liniment, a small quantity of adhesive plaster, a box of absorbent cotton, a roll of inch and half bandages, a dozen safety pins, a medicine measuring glass, a vial of camphor, a vial of spirits of ammonia, a vial of Sprudel salts, one bottle Jamaica ginger, one bottle acid phosphate, one bottle Sun cholera mixture or one bottle of Squibbs."

Of course no one would need all these remedies, but the long list is offered with the advice that in case of doubt, some good physician be asked to revise it. Sometimes a child is saved by a few drops of a remedy for bowel trouble, or for croup, and such an event would reward the traveler for numerous times of preparation and the bother of carrying the medicine.

Such articles must be placed in a bag, carefully marked, with name and dose. Let the medicine satchel be given into the care of a special person, and impress upon the bearer the great importance of the thing. Then be sure that it is never left behind or out of order, no matter what else is neglected.

One more hint—and that is,—never start on a journey with new shoes, new corsets, or any other new or stiff clothing. Save these vanities for quiet life, and take comfort in soft, old clothes, while “riding on the rail.”

MRS. E. A. MATTHEWS.

Carlinville, Ill.

TEPLITZ MINERAL WATER.

Because of my advice “drink Teplitz,” I frequently am asked, what is Teplitz, where is Teplitz? Now, dear reader, you know all about it; but I must as a faithful reporter describe in regular order its geographical location and other particulars.

Teplitz-Schönau is one of the oldest and best known watering-places in Europe, situated in Bohemia, not far from Carlsbad. It is frequented yearly by over 32,000 visitors, among whom are crowned heads, principally the Austrian Emperor and his court, as well as other reigning sovereigns. The population proper of Teplitz has according to a late census 20,133 inhabitants.

POSITION, CLIMATE AND HISTORY.

The beautiful watering place of Teplitz-Schönau is situated in the 50° 38' 16" northern latitude, and the 31° 29' 41" eastern longitude from Ferro, 718 feet above the level of the Adriatic Sea, in the north-west part of Bohemia, in the Biela Valley, which is as celebrated for its luxuriant and abundant vegetation as for its natural beauties of scenery.

The Erz mountains on the north, belonging to the primary formation, consist chiefly of gneiss, porphyry and granite, and form a natural wall against the raw, cold north wind.

To the south and east stretch the long rides and promontories—the characteristic signs of basaltic formation—of the Mittelgebirge, which thus shields the town against the injurious hot winds of the south. The climate is mild and healthy, the average temperature for the year being 50° F.; a sojourn here is therefore strongly to be commended to those who are entering into a state of convalescence after long illnesses. Teplitz is the oldest watering place in Bohemia and was known and used as such by the Romans. Later historical traditions take, however, a more decided form. Wladislaw I., King of Bohemia, founded a monastery here between 1150 and 1170. Both he and Johanna, the consort of King George of Podebrad, patronized the watering place. In the year 1570, the poet Thomas Mitis celebrated in Latin verse the praises of the place. A great service was rendered to this watering place in 1578 by Wolf, and Bernhard von Wresowitz, who fitted up some baths. In the year 1585 there were already 14 baths. The story has been handed down from that century, that even from the earliest times Teplitz was visited by sick persons, who frequently came from a considerable distance.

Thus the fame of this watering place has gone on increasing up to the present time, emperors and kings, statesmen and savants have hurried to its springs, and there found a cure for their sufferings and debility. Not without justice has Teplitz been called the "Warrior's Bath," since thousands of warriors have here found healing for their wounds. Teplitz-Schönau is a post and telegraph station, as well as the station of the Aussig-Teplitz and Dux-Bodenbach railways. The journey may either be made via Berlin and Dresden, via Cologne, Aschaffenburg, Eger, or via Leipzig, Dresden and Bodenbach.

Teplitz-Schönau has different springs, cold and warm, besides Moore baths which belong to the alkaline-saline class. The best known spring is the Teplitz Stadtquelle, which is the property of the city of Teplitz. This water has been imported to America, can be bought in New York, and is exclusively spoken of in this article.

The chemical analysis of the *Teplitz Water* is as follows: 10,000 grains of this water contain Solids (ingreius).

	By Sonnenschein.	By Gintl.
Sulphate of Potassium.....	0.228	0.171
“ “ Calcium	0.560	1.757
Chloride of Sodium.....	0.629	0.661
Phosphate of Sodium.....	0.017	0.005

Carbonate of Sodium	4.143	4.628
“ “ Calcium.....	0.691	0.016
“ “ Lithium	0.005	0.001
“ “ Strontium	L.021	0.002
“ “ Magnesium	0.114	0.133
“ “ Manganese	0.018	0.002
“ “ Oxide of Iron.....	0.155	0.004
Fluoride of Calcium	0.017
Silicic acid.....	0.475	0.461
Argillaceous earth.....		0.001
Humine substances		0.077

GASES.

Carbonic acid (as bicarbonates) 1110.477	1011.79
do. (free)..... 34.120	396.04
Oxygenium..... 18.360	43.03
Nitrogenium	104.62

The many saline, acidulous and gaseous ingredients shown, lead to the conclusion that the water, before reaching the surface, had broken, with great difficulty, through resisting rocks from great depths, yet it is difficult to determine whether its temperature of 115° F. was created by chemical, on its probably long passage, or through volcanic influences ; it appears however that the substantial qualities of the water are very delicate and plentiful, and that in the copiousness of its ingredients, there are found some gaseous and solid materials which, according to physiological experience, are acknowledged as important factors in the act of digestion and subsistence.

It will be perceived from the analysis that the contents of the water are very similar to the saliva and gastric juice of the human body, and the inference is, that the water is very useful in diseases of the throat and stomach.

The Physiological action of this water has been particularly well described by Professor H. Gerold, M. D., privy counsellor of the court, from whom the following is quoted :

The food taken into our bodies, is divided (through the normal process of digestion, which is in part mechanical and partly of a chemical nature), in such manner, that the portion which is essential to life and health is retained in the system, and that portion not required for our well-being is removed.

The substances serving for the subsistence of men are derived partly from organic and partly from inorganic nature.

To the former (organic) belong :

(a) The glairy matters (albumen, fibrine, caseine), found in the animal and vegetable kingdoms.

(b) The fat, especially that from the animal kingdom (as in milk and butter, and that of the sebacic acids formed through the decomposition of the same).

(c) The hydrates of carbon, viz : starch, dextrine, glucose ; in short, those substances which assist in the process of digestion. To the latter (inorganic) belongs :

Water (which we require in great quantity, not only to quench thirst and to dissolve food, but as a "provision of life"), the value of which is governed by the mineral substances, gases, salts and alkalis it possesses.

In respect to this property or quality : *i. e.*, as an important "provision of life," let us examine the product of the city spring Teplitz, Bohemia, as a water especially adapted for table use.

There are many other similar opinions on record, all proving that Teplitz water is a healthy table water, agreeable as a pleasant drink for the well.

The Therapeutical action of Teplitz water has been described by many—and testimonials of reputable well known physicians are on file in abundance, that the water has benefited and cured many different diseases.

The writer does not wish to quote such diseases as cured, as it may mislead the laymen as well as the profession. Each case and patient needs the full consideration, and if the action and quality of the water is understood, an intelligent physician will know when to order the therapeutical measure.

Medical Counsellor, C. F. Kunze, M. D., has given an elaborate report of cases cured by Teplitz under his direction. The histories of those cases are very interesting for the thinking physician, but for the reasons first stated, they are omitted in this article.

There is a marked difference if patients go to a watering place and are treated there, or if they drink the mineral water at home which has been bottled and exported.

In diseases of the *kidneys and bladder* this water is most effective as a therapeutic agent, it stimulates the kidneys to action, and as long as there is any substance left of sound kidney this water will work and prolong life. I know that in hopeless cases of Bright's disease the

patient's life was prolonged one year by the moderate drinking of this water. Care must be taken not to use too much, and as a rule it is not advisable to drink more than one bottle per day.

In diseases of the *bladder* I always order Teplitz ; as an alkaline it will counteract over acidity and allay spasm of the bladder and check the excessive secretion of urates.

In catarrh of the bladder it will effect a cure in most cases, removes pain, irritation, clears the urine of mucous, epithelium and pus corpuscles, and removes the frequent desire of micturition. Such cases require, however, the continuous use of the Teplitz water for months—and in no case can do any harm. Catarrh and other diseases of all mucous membranes will be benefited by this water, such as bronchitis and other affections of the air passages, buccal, nasal cavities, bronchi, lungs, catarrh of the stomach, bowels, etc.

In nervous indigestion, dyspepsia and flatulence the Teplitz is also indicated.

Gout and rheumatism, particularly in its chronic state, are such severe diseases, that the simple drinking of any mineral water cannot effect a cure, but Teplitz will be beneficial. I know cases in which the patients were kept from heavy attacks, and on omission of drinking Teplitz suffered painful relapses. I must warn against certain advertisements, that a certain mineral water will cure gout or rheumatism. I know of no mineral water which will do this to a certainty, without other aids and treatment. Teplitz water may be useful in other ailments, but from experience I can only report as above. As a *table water* I know no better. It is peerless in its purity, palatable and refreshing—a glass of this water in the morning will clear the stomach of accumulated mucous. As a diluent with wines or liquors, or combined with fruit syrups it is very pleasant, and such mixture will keep a clear fluid, and not cause sediments by decomposition.

The Teplitz water is recommended to all epicureans, sick or well.

NEW YORK CITY.

ROBERT NEWMAN, M. D.

MENTAL DYSPEPSIA.

It is doubtless true that very many people read too much. Not that they devote too many hours to the perusal of books and newspapers, but that they endeavor to cover too much space in a given time. While they read they do not "mark, learn and inwardly digest," but bolt their mental food much as the glutton devours the material provision

set before him. They rapidly skim over the matter in hand, gathering, as they think, the salient points thereof, though, in reality, they miss and reject many sweet morsels that lie between the more sensational portions. They are great—indeed, omniverous—readers, and are always ready to resort to a book or newspaper for recreation, or to “pass away the time,” but rarely, or never, for securing information, except on the current events of the day.

They have “heard of” almost everything ; but ask them to impart some definite knowledge concerning some subject, and it will be found that they have only heard of it.

Of real solid ideas they have but few, of glimmerings of ideas many. They hold their minds a brief and unsatisfactory epitome of the most important events in the world's history, and some of the arts and sciences ; but they would be utterly unfit to teach even a child the story of our own national struggles for freedom and existence, or to tell why the days are long in summer or short in winter. The natural consequence of this unnatural mode of reading—or rather, cramming—is mental dyspepsia. The facts and arguments and illustrations that should be stored and retained in the memory, to furnish mental brawn, muscle and blood, are forced through the brain, and leave but little trace behind, save remembrance of an interminable string of words, the power and meaning of which have been lost.

This continued, the mind becomes more and more diseased, and the result is mental marasmus, which, in extreme cases, may end in extinction of the reason.

As dyspepsia is one of the most prevalent of the disorders to which the human frame is subject, so is the mental disorder the most frequent that attacks the human brain. It prevails in all classes of the reading community, though most frequently found among that semi-literary class whose education raises them a little above the ordinary level, while it does not fit them to be leaders among the world's workers and thinkers. They have learned enough to give them a great craving for more, and fancy they are adding to their stock of knowledge by taking into their brain, through the eye, the mere forms of words on the printed page.

As in the physical ailments, so in the mental, the best remedy is temperance, or abstinence, and robust exercise. If one finds himself afflicted with the complaint, he should at once begin a course of severe discipline. Let him eschew those things that have been most tempt-

ing—read the daily newspapers in moderation only, and begin to *study* whatever he reads. With his eye upon the printed page, let him master every word he sees there, and not trust to the context “to give the sense of it.” Aside from that which may be his special object of study, let him choose the best authors, who will give him well cooked food, instead of the fantasies of disordered imaginations. A few months steady regimen of this sort will afford great relief, and go far toward effecting a permanent cure.

J. H. KELLOGG, M. D.

THE CHEMISTRY OF THE TABLE.

Though our foods are so varied, the different kinds of feeding materials or “food stuffs” they contain are few, or at least for practical purposes may be reckoned under a few heads. Thus food stuffs are : 1. Albuminoids and other substances containing nitrogen. 2. Fat, starch and sugar. 3. Mineral substances, chiefly common salt and phosphates. 4. Water. 5. Food adjuncts.

The principal function of the above classes of food-stuffs are as follows : 1. Albuminoids, etc., are oxidized by the air which is inhaled into the body, and go to form the muscle and flesh. The process of oxidation gives out heat, and hence these flesh forming foods assist also to keep up the heat of the body. 2. Fat, starch and sugar are oxidized in the body, thereby acting as heat givers, but they do not form muscle and flesh. In hard bodily work it is necessary to increase the supply of heat giving food.

The waste of muscle and flesh does not increase with increased bodily labor in nearly the same proportion as does the demand upon the heat of the body. Fat has about two and one-third times the warming power of starch and sugar, there being a larger proportion of carbon and hydrogen to be oxidized. Hence fat is the principal food stuff to be added to the diet to meet the demand of extra bodily work or the corresponding tax of a colder climate. Fat can be stored up in the body (as a layer under the skin), where it acts as a store of heat giving material, which can be drawn upon as required by the system. 3. Of the mineral substances taken into the body the lime salts and phosphates form the solid fabric of the bones. 4. Water constitutes about two-thirds by weight, of the substances of the body.

The water taken in as food is required both as a constituent of the body, and also as a carrier of food in and through the system.

5. Food adjuncts are of importance more on account of their effects (whether stimulating or sedative) upon the nervous system, and on account of their effect on the palate, than for any actual power of nourishing or sustaining the fabric of the body. The most important are alcohol and the alkaloids contained in tea, coffee and cacao. The daily ration of an adult under ordinary conditions, according to Professor Church, should contain the different food stuffs in about the following quantities :

	Oz. avoirdupois.
1. Water.....	88.66
2. Albuminoids.....	4.25
3. Starch and sugar.....	11.40
4. Fat.....	3.77
5. Mineral food.....	1.03
	<hr/> 109.11

The small quantity of food adjuncts is not included in the above table. The actual weight of food eaten will exceed the above total by about one ounce on account of fibrous material, either vegetable or animal, which is taken with the food, but which is not assimilated by the body. The food stuffs three and four have the same function, viz., that of keeping up the heat of the body. Weight for weight, fat has about two and one-third times the heating power of starch. Of course it is not only the quantity of the food stuffs which has to be taken into account in judging whether the diet is a suitable one or not; we must also take account of the proportion between the amounts of the different food stuffs. The most important ratio, the actual value of which should, however, depend upon the amount of bodily work done, is the ratio of flesh formers to heat givers. If the fat be calculated according to its "starch equivalent," the ratio should be about $1.4\frac{3}{4}$. The ratio of flesh formers to heat givers is termed the nutrient ratio, and a table of the nutrient ratio of different classes of food is a valuable guide in the determination of a diet.

The most important flesh formers are the lean of meat and green vegetables. The starchy foods, as rice and potatoes, are, generally speaking, cheap and easily obtained. The fat of meat supplies the heat givers in a more concentrated form, though not so cheaply. The form in which the various food stuffs may be taken must depend largely upon the mode of life. Thus, a laboring man who works in the fields may make his dinner off a dish of cabbage and fat bacon, deriving the

flesh formers from the vegetable, and the heat givers from the animal food. For men of sedentary habits such a combination would be scarcely suitable. A lean chop with potatoes—a very usual luncheon for a business man—supplies the same food stuffs in a lighter form. In this case the flesh formers are derived from the animal food, and the heat givers from the vegetable.

PAINS AND THEIR SIGNIFICANCE.

Of the Head.—Headaches are very often due to affections of the eyes, such as weakness seen in convalescence from debilitating sickness; inherited weakness; straining of the muscles of the eye; anatomical or other imperfections in the mechanism of sight; overuse, strain or abuse resulting from reading by bad light; dusty and irritating atmospheres, etc., etc. Dyspepsia, liver troubles, and constipation give rise to "sick headache," a dull aching pain, accompanied by more or less nausea. Constipation in these cases is generally an indication of the cause, and of a method of relief. Neuralgic pains are sharp, shooting, and almost unbearable; generally a tender spot will be found in the vicinity. The pain follows the course of the nerves affected, a common location being just above one or both eyes, the tender point being just at the bony margin beneath the eyebrow. Nasal catarrh and inflammatory affections of the ear (often associated) are common causes of headache.

Abdomen.—Severe pains following closely upon a meal or the ingestion of other substances may result from colic, poisoning, inflammation, cancer or ulcer of the stomach. When paroxysmal and recurring at varying intervals, lead poisoning, neuralgia or rheumatism may be suspected. The lead poisoning may be the result of drinking water carried through lead pipe, or boiled in vessels containing lead; canned fruits, the use of hair dyes or cosmetics, and occupation involving the use of lead, as painters, tinsmiths, plumbers, etc. Pains high up and associated with a feeling of distress, distension, weight and eructation of gas and sour material indicate indigestion. Pains low down in the abdomen are found in women due to disorders and diseases peculiar to the sex, and are often combined with a feeling of weariness, pains in the back, and lassitude upon rising and retiring. Pains in the back, on each side, about the waist line, are significant of congestion or other trouble with the kidneys, rheumatism or neuralgia.

WET FEET AND COLDS.

The best way to overcome susceptibility to taking cold from getting the feet wet is, as follows. Dip the feet in cold water, and let them remain there a few seconds. The next morning dip them in again, letting them remain in a few seconds longer; the next morning keep them in a little longer yet, and continue this till you can leave them in half an hour without taking cold. In this way a person can become accustomed to the cold water, and he will not take cold from this cause. But be it understood that the "hardening" must be done carefully.

FOR TENDER FEET.

For painful sore feet caused by excessive walking, long standing, or constant movement, as in the use of the sewing machine, a dusting powder of equal parts of precipitated chalk and tannin, or the tannin alone, will be of much service. Apply twice daily, after bathing the feet in warm water.

HOW TO MAKE EYE-WATER.

The simplest and one of the best eye-waters is made by putting ten grains of white vitriol into half a pint of elder or rosewater. Put a couple of drops in the eye, under the lids, morning and evening. If it stings too much, add more of the rose or elder water.

THE LAWS OF HEALTH.

The true secret of health and long life lies in very simple things.

Don't worry.

Don't hurry. "Too swift arrives as tardy as too slow."

"Simplify! Simplify! Simplify!"

Don't overeat. Don't starve. "Let your moderation be known to all men."

Court the fresh air day and night. "O, if you knew what was in the air!"

Sleep and rest abundantly. Sleep is nature's benediction.

Spend less nervous energy each day than you make.

Be cheerful. "A light heart lives long."

"Work like a man; but don't be worked to death."

Avoid passion and excitement. A moment's anger may prove fatal.

Associate with healthy people. Health is contagious as well as disease.

Don't carry the whole world on your shoulders, far less the universe. Trust the eternal.

Never despair. "Lost hope is a fatal disease."

Why she had a tired feeling.—Farmer (to medical man)—"If you get out my way, doctor, any time, I wish you'd stop and see my wife. She says she ain't feeling well."

Physician—"What are some of her symptoms?"

Farmer—"I dunno. This morning after she had milked the cows and fed the pigs and got breakfast for the laborers and washed the dishes and built a fire under the copper in the wash-house and done a few odd jobs about the house, she complained of feeling tired-like. I shouldn't be surprised if her blood was out of order. I fancy she needs a dose of medicine."—*Truth.*

The short, loose dress used for the gymnasium, worn even for an hour, would give some women a new idea of liberty, and would dispel many mistaken notions of helplessness.

HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

THE HOUSE.

A WHEAT SACHET.—Did you know a bunch of wheat may be made into a very pretty sachet? Take a small bunch, say about twelve stalks, and tie the heads together. Then make a small, oval bag of pink China silk. Fill this with cotton sprinkled with sachet powder. Arrange the stalks of wheat about the bag and run light blue and mauve baby ribbon in and out over them until they form a firm enclosure for it. Fasten a blue ribbon at one end and one of mauve at the other. Tie them in a bow and hang the sachet up. Such sachets may be bought for 60 cents, but made at home they need not cost over a quarter.

A DARNING HINT.—Unless a woman has the peculiar temperament which would cut holes in stockings for the sake of making a "beautiful darn," she will do well to adopt this precaution with all her hose. Before putting them on at all, "run" them with soft darning cotton throughout the entire length of heel, toe and sole. They should not be closely run nor should the thread be tightly drawn. This simple

process will keep the stockings from breaking far beyond the usual period.

CORDUROY COVERINGS.—Those hygienic housewives who dislike upholstered furniture and have a fondness for rattan and portable cushions are turning their attention to corduroy as a winter covering for cushions. Its claims to popular favor are many. In the first place, it is fairly inexpensive. Then it has the wearing qualities of sheet-iron. It comes in all colors. A drawing-room furnished in wicker and corduroy of dark green and brown shades is charming. The chair seats and backs are made by an upholsterer and are tufted and corded properly. The long wicker lounge has a three-part cover of brown corduroy and the usual embankment of bright-colored silk pillows.

IN WHITE AND SILVER.—She was not a rich woman, but as she was not an advanced one either she had plenty of time to think how she would decorate her table at her first "married" dinner party. In the first place the damask cloth was so white and shimmering that it seemed almost silvery, and suggested to her a white and silver decorative scheme. Her white candlesticks had white wax candies stuck in them, and she fashioned some gorgeous white and silver shades out of the silver paper usually used for wrapping cheap candies, and lace paper. For a centre piece she had a silvery mirror banked in green moss. On this stood a silver dish filled with asparagus vine, which had the advantage of being both effective and inexpensive. Long pieces of the same feathery green stuff trailed from the bowl over the white spread to the six places. At each place lay a name card of white, written in silver.

THE DRESS.

THE FALL COLORS.—The most conspicuous shades among the new colors are blue and brown, though green will not lose its standing in the new goods. There are at least six or seven new shades of brown, all more or less of the yellowish order, the deepest of them being but little darker than chestnut. Of the blues, the very dark shades are falling somewhat into disfavor on account of the almost universal popularity of navy blue serge, and the shades most shown are of that indeterminate kind which suggests tinges of green or gray.

THE WORKINGWOMAN'S DRESS.—The simplest dresses are now not only the most serviceable and the most economical, but are the prettiest and most fashionable. A plain skirt, made upon a gown form, a plain

easy-fitting waist, with some simple trimmings on the sleeves, is the most suitable for a working dress, and is very inexpensive. An elaborately trimmed dress for such a purpose is not only a detriment to health, but shows wretched taste on the part of the wearer. Corsets can be let out by those who cannot afford to purchase proper corset-waists, and shoulder straps of strong muslin, doubled, can be easily added. To live under the tyranny of tight, ill-fitting and heavy clothes is as degrading to true womanhood as it is destructive to health.

EXTRA WAISTS.—The complete wardrobe always has two or three extra waists among its possessions. They are economical and lend variety to the other gowns. It is made of striped silk violet, pink and black, and fits the figure tightly to the waist line. There a full little basque is added, which is laid in plaits at the side. Wide revers in pink silk edged with a feather stitching in black fold back to display a black chiffon chemisette. A fluted collar and high gauntlet cuffs are also made of the pink silk. The special charm of this bodice is that it can be worn with so many different skirts. With a pink crepon skirt it is in perfect harmony. It looks well with a violet skirt trimmed with black lace, and think of its brightening power when combined with a skirt of black silk !

FALL HATS AND BONNETS.—What odd shapes we find in the new hats and bonnets ! Some of them are simply indescribable, and one needs an artist's pencil. There is a shovel shaped hat of satin straw bound with fine plaid velvet. The square front is turned backward, and in the center is a bunch of blue velvet cornflowers and a straggling bunch of wide velvet leaves. The crown and sides of the hat are literally covered with the flowers.

There are other queer shapes, one of them being scalloped into points, and above the pointed brim there are Mercury wings held by a bow of velvet. These wings are sometimes parrots', again doves', and then again it would be impossible to imagine what bird had worn them, as they will be made iridescent with peacocks' feathers such as grow on the neck, and humming birds' plumes. Some felt hats in pearl gray in the various harlequin shapes will be covered with white mistletoe or holly berries and leaves, so natural that it seems they must have grown there. Some of the Napoleonic and Revolutionary hats of felt, straw or velvet are very becoming and really artistic. One that pleased me was of modore satin straw turned up in a tricorne fashion. Tiny ostrich

feathers curled over the brim instead of the rosettes so often seen, and two rich tips stood up in front. In the back there was a close brown velvet bow held by a square rhinestone buckle.

The wide ruffles for the neck, made of silk or velvet, are more elaborate than ever. Some are cut in a half circle and let to fall in natural folds. This is called the ripple, and it is very popular.

THE KITCHEN.

HICKORY-NUT DROP CAKE.—Hickory-nut drop cake is delicious when served fresh for luncheon. Take the yolks of two eggs and the whites of four, two cups of powdered sugar, one cup of sifted flour, two cups of rolled hickory-nuts and a little salt. Drop with a teaspoon in buttered tins a distance apart; bake in a moderate oven to a light brown. Care must be taken not to bake them too much.

HOW OLD ARE THE EGGS.—To determine the exact age of eggs, dissolve about four ounces of common salt in a quart of pure water and then immerse the egg. If it be only a day or so old it will sink to the bottom, but if it be three days old it will float in the liquid, if more than five it comes to the surface and rises above in proportion to its increased age.

BANANA BLANC MANGE.—Into a quart of boiling milk stir four tablespoonfuls of corn starch wet with a little milk, and a quarter of a cupful of sugar. When it thickens set aside to cool. When properly cold stir in a small teaspoonful of extract of vanilla and two or three thinly sliced bananas.

PICKLED WATERMELON RIND.—To seven pounds of rind, which has been cut in fancy shapes and soaked in strong salt and water for two days, allow three pounds of sugar and one quart of vinegar. Scald the rinds in ginger tea, drain and drop in syrup, flavor with mace, cloves and cinnamon. Boil until the rind is tender. Put in jars, boil the syrup down, pour over and seal.

FROZEN CUSTARD.—Take one quart of milk, one quart of cream, six eggs and three cups of sugar beaten up with the yolks. Also one pint of fresh peaches cut up small. Heat the quart of milk almost to boiling and add it gradually to the beaten yolks and sugar. Whip in the frothed whites, return to the custard kettle and stir until it is a thick soft custard. Let it get perfectly cold, beat in the cream and freeze. If you let it freeze itself stir in the fruit after the second beating; if you turn the freezer then the custard will be like congealed mush.

IN THE SICK ROOM.

PRACTICAL HINTS TO THE NURSE.

Sickness is a calamity from which no flesh is exempt. There are balms for the wounds of the rich, but the poor must bear their own infirmities. With love, exquisite neatness, patience, encouragement, quiet and a little hospital learning, wondrous cures can be wrought.

Chewing will stop the ordinary nose-bleeding, and the shock of dropping a cold key or a handful of pennies down the back will often give relief. In case of a severe attack syringe the nasal cavity with cold salt water. If this does not stop the flow of blood, throw the head back, raise the arm up as far as possible, and apply cold sponges to the bridge of the nose and the back of the neck.

The quickest way to treat a burn or scald is to cover it with carron oil and flour and bandage with linen. In case of prostration from either accident administer a mild stimulant.

When a delicate person is fatigued and has no appetite, sponging the body with bathing whiskey, diluted alcohol or milk, will nourish the system and produce rest or refreshing sleep.

A bug in the ear may be drowned out with a little warm water. Apply with a sponge or syringe, and after each injection incline the head with a jerk so as to dislodge the contents of the cavity.

Distressing vomiting may be relieved by applying to the stomach a hot shingle or woollen pad brought from the oven.

In cases of sleeplessness as well as sickness frequent changing of pillows will have a soothing influence. The case should fit the pillow and be kept smooth. A change of night-gowns is restful, and the refreshing sense of cool water or some spicy toilet water, like lavender or orange flowers, applied to the forehead, throat, hands and feet cannot be overestimated.

A patient should never be raised suddenly to receive food, drink or medicine. Aside from distressing the sufferer there is danger of heart trouble. Place the arm under the pillow and gently force the invalid into a position between lying and sitting. Medicine cups and porcelain spoons are now in general use and save considerable unnecessary torture.

A piece of new muslin dipped in a glass of cool water will remove sordes from the teeth and cool the lips of a patient. Sore lips should be annointed with a little diluted water.

To induce a little baby or a grieving child to put out his tongue, drop a little sweet oil on the upper lip.

If a child has sore eyes, wring a sponge out of warm water containing a pinch of salt and trickle a stream on the inflamed lids, letting the water run towards the nose. As there is the danger of contagion the drying-towel should not be used by others.

Only bright, happy, healthy subjects should be discussed in the hearing of a sick or ailing person.

EDITOR'S OUTLOOK.

HEALTH IS A DUTY.

When we announced, as a starting point in the first number of our Journal, in January, 1854, that a man ought to be well, and that being sick was an implied wrong, no doubt it appeared to many rather a rigid doctrine, to wit, that it was a sin to be sick.

But men of reflection will not be long in coming to the conclusion, that if it is not so in some cases, it is so in a vast multitude of instances; and a practical man may benefit himself largely, if he be also conscientious, by inquiring, when incapacitated from discharging the duties of life by illness. "Is it my fault?" A servant who has cut off his hand to avoid labor, has certainly done deliberate wrong to the person to whom he justly owed labor.

And although we may deliberately make ourselves sick, yet, if it is done through gross inattention or ignorance, the degree of criminality is but a short distance from the other.

The "Duty of Health" was considered of sufficient importance to make it the subject of a sermon by Dr. Lee, of the University of Edinburgh, before the British Queen, on the 11th of October, 1857, which sermon was thought worthy of being printed, and was so ordered by her Majesty.

The ordinances of Moses embodied a very complete code of health, and the religion of the New Testament certainly tends to the same great end.

Dr. Lee says: "It is estimated that one hundred thousand people die annually in England of preventable diseases." In the same proportion, more than a million and a quarter must die annually from the same causes in Europe. Probably not fewer than four hundred thousand men were killed during the Russian war. But, during the same period ten times as many died in Europe alone, from preventable diseases. The slaughter of four million persons in three years, in a war against the laws of health. So appalling a fact is surely deserving the earnest attention, not only of governors, politicians, and philanthropists, but of all men who profess Christianity, and especially those who are appointed to teach it; because the laws of health, through disobedience to which such multitudes perish, are God's laws, for he not only ordained them, but he executed them, impartially and universally before our eyes, and upon ourselves.

We desire to especially call attention to our offer found in our advertising department. We have found by experience that such a premium offer as the 30 volumes of Chambers Encyclopedia was largely appreciated and taken advantage of. Our piano offer, we feel, will be likewise appreciated and that earnest work will be indulged in by those who desire an \$800 piano *free*. Remember the contest closes April 1st, 1894.

Our winter Recreation Bureau will be inaugurated in our December number. Meantime, we invite all hotel proprietors at the various winter resorts, to send in circulars of their hotels *at once*, for use in our Bureau.

LITERARY.

A CHAPTER ON CHOLERA FOR LAY READERS ; History, Symptoms, Prevention and Treatment of the Disease.

By Walter Vought, Ph. B., M. D., Medical Director and Physician in charge of the Fire Island Quarantine Station, Port of New York ; Fellow of the New York Academy of Medicine. Illustrated with colored plates and wood engravings. In one small 12mo volume; 110 pages. Price 75 cents net. Philadelphia, The F. O. Davis Co., publishers, 1914 and 1916, Cherry st. It is an admirable treatise on the subject.

The September ATLANTIC MONTHLY contains an article which will be of special interest for a considerable number of readers, on "Edwin Booth," by Mr. Henry A. Clapp, the eminent Boston critic, whose appreciation of Mr. Booth is equal to his skill and literary art in adequately describing him as an actor. A second article of special value just now is one on "Wildcat Banking in the Teens," in which the historian J. Bach McMaster gives much information with regard to the old state banks which some people fear are to be restored. Bradford Torrey contributes an article, in his particular line of outdoor interest, on "The St. Augustine Road." Charles Egbert Craddock continues with even increased vigor the serial story "His Vanished Star." Charles Stewart Davison has an article of very great interest on Swiss travel, "A Slip on the Ortler." Agnes Repplier writes in her incisive and engaging way on "A Kitten." "A Russian Summer Resort" furnishes a theme of excellent variety for Miss Isabel F. Hapgood. Miss Preston and Miss Dodge continue their translations and notes on Petrarch's Correspondence. Sir Edward Strachey, who has furnished several attractive articles lately, contributes a paper on "Love and Marriage."

Houghton, Mifflin & Co., Boston.

The REVIEW OF REVIEWS for September is a number of fine variety and timeliness. It epitomizes and synchronizes the whole planet for the month of August, 1893. It discusses the monetary crisis, the silver debate, the tariff outlook, the Bering Sea decision, the French attack on Siam, the progress of the Home Rule bill, the politics of the European continent, various matters at Chicago and the World's Fair, and a hundred other timely subjects, the whole number being profusely illustrated with portraits and pictures. A sketch of Engineer

Ferris and his great wheel is a singularly readable and attractive article, and Mr. Stead contributes a most noteworthy character sketch of Lady Henry Somerset. There is an illustrated review of the fascinating story of Joan of Arc, the inspired Maid of Orleans, and a group of papers on the silver question by professors in the University of Chicago. The "Leading Articles of the Month" are notably well selected, while the "Record of Current Events" gives one a summary day by day of the remarkable course of the recent monetary crisis, and the carton reproductions in the "Current History in Caricature" are uncommonly entertaining.

The Century has just come in possession of one of the most unique and important historical documents of the age. It is a record of the daily life of Napoleon Bonaparte on board the English ship which bore him into captivity at St. Helena, as contained in the hitherto unpublished journal of the secretary of the admiral in charge. The reports of many conversations held by the admiral with the deposed Emperor regarding his important campaigns are given with great fullness, and there is much about the bearing and the personal habits of Bonaparte during the voyage. The Memoirs of Las Casas contain the story of the Emperor's deportation, as told by a Frenchman and a follower; this diary is an English gentleman's view of the same memorable journey, and of the impressions made by daily contact with the man who had had all Europe at his feet.

The diary will be published in early numbers of *The Century*.

As an illustration of the money paid to writers as soon as they acquire a reputation, the September COSMOPOLITAN contains less than eight thousand words, for which the sum of sixteen hundred and sixty-six dollars was paid. Ex-President Harrison, Mark Twain and William Dean Howells are the three whose work commands such a price.

The September number has more than one hundred illustrations, giving the chief points of interest in the Columbian Exposition, and the Fair is treated by more than a dozen authors, including the famous English novelist, Walter Besant; the Midway Plaisance, by Julian Hawthorne; Electricity, by Murat Halstead; the Liberal Arts Building, by Kunz, the famous gem expert of Tiffany & Company; the Department of Mines, by the chief of that department, etc.

A feature of this number is a story by Mark Twain, entitled "Is He living or Is He Dead?"

The October number of the DELINEATOR, which is called the Autumn number, is an exceedingly attractive publication, displaying a splendid variety of the accepted styles for the season, and practical information on a wide range of topics interesting to women. Two special pattern articles have been prepared in addition to the usual monthly issue; one on Fitting out the Family for Autumn and Winter, and the other on Empire Gowns and Lounging Robes.

The World's Fair series is brought to a close by a paper on Children at the Fair, and a description of the various State Buildings and their uses. Many other attractive features grace its pages.

Banks & Brothers, of Albany, have just issued a **Manual on Boards of Health and Health Officers**, by Lewis Bolch, M. D., Ph. D., Secretary of the State Board of Health.

The **Manual** is a valuable and handy publication for members of local Boards of Health, health officers and all others interested in health matters. It is a practical working manual. It is almost indispensable to the profession. Price \$1.50. Delivered upon receipt of price.

LIPPINCOTT's for September contains a complete novel, for which departure the magazine is becoming famous, entitled "A Bachelor's Bridal," by Mrs. H. Lovett Cameron. A chapter is devoted to "The Cross-roads Ghost," of the series of Lippincott's notable stories. "Uncle Sam in the Fair," is clearly presented by Charles King, U. S. A. C. H. Rockwell, U. S. N., writes a bright tale on "A Sea Episode."

The number is good throughout.

No publication is more authoritative upon questions of the day than the **POPULAR SCIENCE MONTHLY**. Each month brings discussions of practical interest, and consequently proves valuable. The September number opens with a paper by Professor F. W. Toussig, on "Why silver ceases to be money." Reformatory Prisons and Lombroso's Theories, is interestingly treated by Miss Helen Zimmern. Miss M. O. Boland discusses "Scientific Cooking," and in a way most interesting.

The whole number is replete.

Several of the subscriptions for exposition stock were from \$50,000 to \$100,000, and several hundreds from \$10,000 to \$25,000. The people of Chicago subscribed as they had never subscribed before, nearly all good and substantial citizens contributing according to their means, so that never perhaps in the history of the world was so large a subscription made so readily and promptly.—*The Book of the Fair*, by Hubert H. Bancroft.

MCCLURE's **MAGAZINE** for September is one of the most interesting periodicals of the month. Although only four numbers of the magazine have been issued, its fresh variety of entertaining articles and delightful stories, and its plentiful and interesting illustrations already takes rank with the best of our monthly periodicals.

FOES IN AMBUSH, by Capt. Charles King; J. B. Lippincott Company, Philadelphia, is one of those breezy stirring stories of military life in that wild region that lies between the old states and the Pacific slope. It is a typical story of frontier life.

GODEY for September is one of the best that finds its way to any reviewer's table. Distinctly a lady's magazine.

THE BLUE AND GRAY proves interesting as usual. The September number is an improvement in every particular over any previous issues.

SELECT YOUR PERIODICALS.

We give below the clubbing list of 1893-94 of our Journal, which, no doubt, will be appreciated by all our readers,

Because it is 50% lower than ever offered by any other Journal.

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GENERAL NOTES.

DOCTOR'S DON'T DISAGREE.

It may be recorded as an assured fact that the delegates to the Pan American Congress at Washington, who travel over the Chesapeake and Ohio Railway will with one accord praise its scenery and train service. There is nothing in the way of lovely mountain views and picturesque valleys to compare with the mountains and valleys of the Virginias through which the Chesapeake and Ohio Railway passes. There is nothing of historical interest in America as great as a trip through the Virginias, and there is no other railroad in America superior to the C. & O. in the smoothness and stability of its track and in the completeness and beauty of its trains, the F. F. V. Vestibule, Limited, being one of the famous trains of the world. The Chesapeake and Ohio Railway passes through Bull Run, Manassas, and other noted battlefields, and is in all respects the best route from the west, north-west and south-west to the national capital. For copy of "Virginia in Black and White," free, and for full information regarding rates and train service, address C. B. Ryan, Assistant General Passenger Agent, Cincinnati, Ohio.

Dr. E. J. Worst, of Ashland, Ohio, is credited with bringing out one of the greatest discoveries of the age, in his famous Australian Electro Pill remedy. It seems to act with magical effect upon the nervous system, similar to electricity, in which kidney, liver and stomach trouble and sympathetic diseases, yield immediately to its subtle treatment.

Dr. Worst agrees to mail each reader naming our paper, 7 days' treatment free. Address as above.

If you have gray hair and want to restore its natural color, Allen & Co., of Chicago, guarantee to do it for any of our readers. Also their remedy, Van's Mexican Hair Restorative will remove all dandruff, cures baldness, etc. Write them your wants.

Still, "Listerine" is heard from in all parts of the country. Dr. D. E. Ruff, of Junction City, Ore., writing regarding "Listerine," in treating cholera infantum, says: "I feel that my child's life was saved by the "Listerine," and since I first used it I have prescribed it in over one hundred cases and uniformly with success and happy results." Such testimonials speak for themselves.

Just at this season when rheumatic and nervous troubles come upon a person on account of the changeable weather, he wants to hie himself away to some retreat, and we cannot suggest any better place to go than Warsaw, N. Y., and enjoy for a season the treatment of the Warsaw Salt Baths and Sanitarium.

Do not be a sufferer from catarrh, when such a guarantee is presented as that of F. J. Cheney & Co., Toledo, Ohio. Their remedy, Hall's Catarrh Cure, is beyond a question, unequalled.

We want to call the attention, especially to the great Oriental Remedy, Herba Vita. This is the season of the year when you should prepare for the change of weather. This remedy is indispensable in the household. Many people would not be without it. Send for sample.

HALL'S JOURNAL OF HEALTH

HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

VOL. XL. NOVEMBER, 1893. NO. 11.

AVOIDABLE DISEASES.

The Board of Health are doing a great work. They point out to the people the diseases which can be avoided through their various health reports. In these publications an interest is awakened. The people are learning that most diseases are avoidable. This is a fact that the reading and thinking class now recognize. One of the best illustrations of this we have had this past season.

An exhaustive scientific study of cholera has been made, enabling our government to arrest the disease. We have learned its characteristics as we would those of a common enemy.

Our consuls at foreign ports have been very vigilant as well as sanitary officers at our ports of entry. The condition of the coast cities were looked to and organic decaying matter removed that it might not become a culture medium. Close, crowded and ill-ventilated tenement houses remain, but are no cause for alarm if the germ of cholera is not planted there, neither is the water supply of a city liable to be contaminated as the source is remote. The person, the room and personal effects are the chief sources of the contagion. The fact that small-pox has been stamped out in all civilized communities is another remarkable instance of what preventive means can do. The most efficient means of checking the progress of contagion is by isolation and disinfection, but the greatest of all is quarantine when cholera is suspected. If it be not allowed to spread from house to house the city is safe. If the fire be not allowed to spread beyond the burning building the city is saved.

The physician should be a sanitarian, because he knows the ways and means by which many diseases can be averted. He need not fear criticism. Families to whom he is called will gladly listen to such

information. The physician will instruct the family to isolate the sick child who has a contagious disease from other children—to have the sick room as remote as possible—to have no communication between the infected child and the well children—to have all clothing fumigated or destroyed which has been used in the room—the room thoroughly disinfected. We well know that diseases become epidemic from lack of perfect isolation, from *tack* neglect of this in the first stage, neglect in allowing well children to come in contact with the sick too early in their convalescence. While yet there is a discharge from the nose or throat in scarlatina or diphtheria, or before the desquamative process is completed. The physician should give the time when for its own safety it can go upon the street or public places. He should impress upon the minds of parents and nurses that too early meeting with well children is a criminal offense against the health of the community. Preventive measures can never avail to accomplish the great purpose of lessening disease until sanitary rules are placed upon the statutes backed by intelligent public opinion. The people have been educated to the idea of the cure instead of the avoidance of disease. The doctors should popularize sanitation.

This easily becomes a part of his life work as a professional life saver. The intelligent mothers will be his best co-workers. They will adopt quickly all rules prescribed with reference to dress, ventilation, hours of study and play, every thing conducive to the health of the children. The press will be willing to devote a little space to the sanitary profession for the spread of such knowledge. People are more apt to believe what they read in sanitary publications and papers than what they hear spoken.

In this way they will have hygienic information served to them from a source which will be often before them. Teachers will thus become more mindful of the ventilation of their school rooms and act in concert with the local boards of health.

They will not allow a child to enter the school enclosure sent from an infected house.

Public opinion will count it reprehensible for mothers to send such child upon the street to play with other children until the danger is over.

Public opinion will not allow a child ailing with contagious disease to enter a crowded car or audience room, obliging a mother to flee from there with her well child. The time is coming when the conta-

gious diseases of childhood will not be looked upon as inevitable. There was a time, and now is, among the less informed people, when the children were thought to be destined to have all the diseases from the itch to scarlatina.

A mother has been known to send her well child to a neighbor's house to "catch" measles or whooping-cough. Another ignorant mother of fatalistic delusion once said to me, "If my child is to have diphtheria it will have it no matter how great my caution. If my child is not to have the disease it will not contract it even if it play face to face with a child having the disease in its worst form."

I once visited a child who had diphtheria—a neighbor woman came with her little child to see the sick one. The children were together almost mouth to mouth. I asked the brutal mother if she loved her child. She said yes; then take your child out of this room, I said—telling her of the danger. She said her child was as safe there as any where else. In a few days the little innocent visitor died of the disease. The remote cause of its death was criminal exposure by its natural protector.

A parent having this barbarian error of belief is a source of danger to the family and the neighborhood.

The physician who hears such opinions expressed has an opportunity of doing the public a service as missionary. I have been witness of the neglect of isolating children notwithstanding our advice to limit the disease. It would by contact be carried from tenement to tenement, passed around from child to child as if it were something every family with children ought to have.

Diseases are avoided by understanding how they are induced.

Pneumonia is avoided during the cold months by having rooms of as low temperature as is compatible with comfort and adequate woolen clothing. We cannot control the temperature without—the artificial weather within we can control. If we subject ourselves to high temperature and humidity indoors, then to that of winter cold with insufficient dress we have exposed ourselves to the danger of contracting pneumonia and other diseases of the respiratory organs.

We avoid phthisis by removing to a warm and equitable climate where it does not prevail.

The cholera infantum by removing the child from the heated city to the seashore or to the cool mountain air.

We hail the age where it can be oftener said,

“Of no distemper, of no blast he died,
But fell like autumn fruit that mellowed long ;
Even wondered at, because he dropt no sooner.
Fate seemed to wind him up for fourscore years ;
Yet freshly ran he on ten winters more ;
Till like a clock worn out with eating time,
The wheels of weary life at last stood still.”

Stafford Springs, Conn.

C. B. NEWTON, M. D.

THE NERVOUS SYSTEM.

There is no subject perhaps which is so often mentioned, but so little understood by the public in general, as that of the “nerves.” How often do we hear all classes of the community refer any unpleasant sensation or fanciful ailment to their being merely nervous ; little understanding, however, when they make use of this term, what possible connection there can be between their feelings and their *nervous* system.

Perhaps we shall surprise them when we mention that they can neither eat or drink, walk or talk, nor perform any action whatever, either voluntary or involuntary, but through the medium of their nervous system—a “system” the nature and functions of which we shall here endeavor to explain.

In man and other vertebrate animals, the great centre of the function is the brain and spinal marrow ; the latter a prolongation of the brain, as it were, down the spine.

Now this great centre of nervous matter is endowed with two distinct functions. First—that of being able to convey *motor power* to the muscles, by whose agency we are enabled to perform all the ordinary actions of the body, all the movements of our limbs. Second, that of sensation, which is of two kinds—*common sensation*, or that feeling of pain which is produced on the injury of any part of our body ; and *special sensation*, to which are to be referred the five senses of feeling, of hearing, of smelling, and of taste. From this mass of matter, capable of endowing the parts of our bodies with the power of motion, and of feeling or sensation, numerous trunks are sent off to all parts of the human frame—ramifying over its structure to such an inconceivable state of minuteness, that we cannot touch any part of our body with even the point of a needle without being conscious of pain, proving

that some part of this great nervous centre has been injured or excited into action.

The great nervous trunk which supplies the lower extremity of man is equal in thickness to his little finger; divide it, and he loses all power of moving his limb, all sense of feeling; the limb to all intents and purposes is dead; and, deprived of its nervous influence, mortifies.

This power of endowing parts with motion and sensation is situated in two distinct structures, of which the brain and spinal marrow are composed; and anatomists, from their color, are accustomed to call them the *white* and the *gray* matter.

In the brain, the gray matter for the most part is external, enclosing in its folds the white matter; whilst in the spinal marrow it is internal, being completely surrounded by the white. Now, as a general rule, all the nervous trunks of the body and their branches, with the exception of nerves of special sensation, are composed of fibres derived from these two sources—that is from the *white* and *gray* matter; and these nervous trunks are conductors of that *change* produced in the nervous centre by the influence of the *mind*, which gives rise either to motion or sensation.

But a most extraordinary fact, and one which is capable of being proved by direct experiment, is, that the change which takes place, to give rise to the phenomena of motion, has its origin at the great nervous centre, the source from which the trunks arise; and further, that this change takes place in the white matter. On the other hand, the change which gives rise to the phenomena of sensation takes place at the extremities of the nervous trunks—that is, at their ultimate distribution; and this change takes place in the gray matter.

The anatomist, in his dissections, is able to prove satisfactorily the origin of these nervous trunks; and he finds that all those arising from the spinal marrow, and most of those which are said to arise from the brain, do so by two roots, one of which is connected with the white matter, and the other with the gray. He can, and has still further proved by experiments performed on the living animals, that irritation by pinching or pricking of the root which arises from the white matter gives rise to no sensation, as the animal shows no signs of suffering whatever; but irritate the root arising from the gray matter, and evident signs of suffering are immediately induced.

Again: if in the dead animal we excite muscular contraction by means of galvanism, we must send the charge of electricity through the

limb by means of the root arising from white matter, as no effect would be produced if we attempted to do it by means of the root arising from the gray matter. Allowing, then, the fact, that these nervous trunks are composed of two sets of fibres, one conveying sensitive, the other motor influence, let us apply it to practice.

Some part of the body meets with an injury—a change is immediately effected in the extremities of the sentient fibres, sensation is developed, and the change is developed, and the change thus induced is conveyed by the sentient fibre of the brain, and through its medium of the mind.

Through the mysterious agency of the mind, then, the motor power of the great nervous centre is brought into action, and a change is induced; this change is conveyed by the trunks to the muscles supplying the injured parts, or to other muscles by whose combined action it is removed from further injury. But it is not necessary that an injury should be inflicted that motor influences should be generated, as the mind has the power of inducing it at will.

All the movements of our bodies are effected by muscular action, and through the agency of the will.

We move not a hand or foot, nor look at an object, without the mind having first willed that it shall be done. But there are many actions in the human body which are performed independently of the will, though evidently under the influence of the mind, and through the medium of a nervous system; and this system is called by the anatomist the *sympathetic*. It consists of a number of little knot-like bodies, called by the anatomist *ganglia*, which are extended along each side of the vertebral column, the whole of these ganglia being connected, by means of fibres, together. Now it appears that each of these ganglia is capable of generating nervous influence, independently of the brain; hence each may be considered as a distinct nervous centre.

The trunks arising from these ganglia are distributed principally to all those organs on which the vitality of the body depends, which are employed in secretion and its nutrition.

It is the medium by which all parts of the body are brought into relation with each other, so that no one part shall become diseased or injured without the rest sympathizing with it, and indirectly, therefore, becoming effected as well. Familiar examples of this fact are of every day occurrence. A violent blow on the head will produce vomiting.

Owing to the sympathy which exists between the brain and the stomach, and *vice versa*, a blow on the stomach will produce fainting, and even death, from the shock to the nervous system, and the arrest of its influence through the medium of the brain.

And now let us turn our attention once more to the influence of the mind over the functions of the body, through the agency of this part (the sympathetic) of the nervous system. We will here select a few familiar examples. What is referred to when one's mouth is said to be "watery" at the sight of some favorite fruit or food, is dependent on the influence of the mind acting through the medium of the nervous system applying the organs secreting the saliva. Tears, again, are abundantly secreted under the moderate exciting influence of the emotions of joy, grief, or tenderness.

When, however, the exciting cause is violent, they are suppressed; hence in excessive grief, the anguish of the mind is lessened on the flow of tears. Fear stops the flow of saliva; and it is a common practice in India to detect a thief among the native servants by putting rice into their mouths, and he whose mouth is driest after a short time is considered the culprit. Under mental anxiety, persons become thin; freedom from it favors deposit of fat. It would be an endless task, however, to recapitulate the many examples that could be brought forward proving this influence of the mind; so that nervous complaints must be looked upon as disorders of the mind, and not of the body; cure the one and you will cure the other.

Mental influence having then this power over the functions of the body, we cannot be surprised at many diseases being a consequence of its depraved or abnormal condition. Nor can we be surprised at many of the remarkable phenomena displayed by mesmerists; their patients, on whom they exhibit, are generally highly sensitive, with minds naturally liable to become excited under the manipulations of the operator.

For this reason also, homeopathy, hydropathy, etc., have succeeded in curing many patients of their fancied ailments, because it only required some strong excitement to remove the morbid mental impression. Hence change of scene and diet, change of usual habits (for all the followers of these systems make it imperative on their patients to follow implicitly certain rules), and lastly, and not *least*, a full determination, desire, or will on the part of the patient himself to get better—have succeeded in a variety of complaints arising from mental causes, in effecting a cure.

LEANDER J. WHITE.

HEALTH AND CIVILIZATION.

The past history of nations is conclusive as to one point, that prosperity begets refinement, luxury, disease and ruin. Is this a necessary result? Will this great country, with its daily developments, tending to the reduction and perfection of labor, as well as to the conveniences and comforts of life, eventually fall into effeminacy and extinction?

We utter a decisive negative. There are two kinds of civilization, the ignorant and the educated.

Of two families in all respects equal; having at their command every modern convenience, one will live in high health, and in the steady enjoyment of the blessings of life until an honorable old age, while the other will as certainly fade away, the children perishing first, and last of all the parents; and even they, long before the attainment of three score years and ten; their very names blotted from social memory! This wide difference is the direct result of the manner of life of the respective families, one having lived rationally, having lived up to the laws of our being, the other having wholly neglected them; the latter dying off prematurely, have cut off the race of effeminate imbeciles, while the former have handed down to society the bequest of healthful constitutions. Thus we perceive that educated civilization will perpetuate a nationality, while an uneducated one destroys it.

But in the fierce race which the masses run for pleasure, wealth, fame, is there any probability of inducing any great number to stop awhile in their course, and learn something of a true life? There are few such in all communities; and as these leave seed, while the others leave none, the inequality will rapidly diminish; thus it is that within a hundred years, the average of human life has increased all over the world, but more largely in its most civilized portions. The investigations and teachings of the true laws of our being have been confined to the medical profession, and they have been pursued with a diligence, and a self-denial, practised by no class of men on the habitable globe; because, for the most part, these investigations have been made under circumstances of animal and human suffering, of squalor, disgust and horror often, which, to any other than a trained medical mind, would have been impossible of endurance. We may say with great truth that the material glory, permanence and power of any community consists in the physical vigor of the individual men and women who compose it; for physical perfection gives mental energy and mental health.

An exemplification of this important truth is found in the stability of every thing English and the evanescent state of every thing French. We believe that physical perfection begets mental vigor and that in turn, by appropriate tuitions, begets moral power, and that this combination makes the perfect man.

Many persons are frightened away by the mere mention of "*living up to the laws of our being*," and at once begin to think of something painfully abstruse or laboriously indefinite; an image of feeling after something in a fog at once arises before their mind and anon come spectres of self-denial, starvation, physic and pills *ad infinitum*.

In all investigations, it is best to clear away the rubbish first and look for some foundation stones; to ferret out some first principles, some elementary ideas, which must in the very nature of things be few and well defined and consequently, as facile of remembrance, as they are practicable in their application. The Holy Scriptures, with beautiful exactness, declared four thousand years ago, what the scientific investigations of subsequent ages have steadily confirmed, that the blood is in the life of all animal being, it is the blood which originates, governs and completes every vital power in the whole machinery of man; consequently, perfect health is only to be secured by maintaining the blood in its natural state. The researches of the lights of our profession have established the facts that this natural state of the blood comprehends a four-fold development.

First, the organic element, or Chylid.

Second, the coloring element, or Hæmatid.

Third, the animal element, or Lymphid.

Fourth, the fluid element, or Liquor Sanguinis.

In a few hours after food is eaten, it is converted into whitish, sweetish, thickish fluid, whatever may be the nature of the feed; but in it are found innumerable little globules, which are called *Chylids*; these globules consist of a little bladder or cell, in which is an atom called an egg, the cell being a boat floating about in the chyle, the atom is its freight which as it passes along, becomes a living thing, as an egg becomes a chick; but being quickened into life, it changes into a reddish color and takes another name in its new and living nature, and is called a *hæmatid*. This wonderful change from dead food to living existence, owes its origin to that equal power which made all the worlds. These animalcule hæmatids are so diminutive that a small box, an inch deep, an inch broad and an inch long will hold more than

a hundred thousand millions of them. These hæmatids are the foundation of all health and life; if they are transported in their little boats in unimpaired vigor to the different parts of the body, those parts grow with the same life and health which these hæmatids have, but if injured in their transmission in any way, the part of the body to which they go is inevitably injured—becomes diseased. Our next step then is to inquire, taking it for granted that digestion is good, what circumstances in practical life have the effect to injure these new born voyagers? The blood of a vigorous man, on the instant of being drawn, is just as full of life as our own great Broadway on any sunny afternoon; it is this life which gives the blood its solidity, or more properly, its thickness. When a person dies from using chloroform, the blood is as liquid almost as water; it does not coagulate, become thick and clotted as the blood does from natural or other forms of death; on examining into the cause, it is discovered that of all the millions of hæmatids, not one single one is alive, for the little cell boat has been dissolved, and its occupant has perished; the poison from the bite of venomous snakes has the same effect.

A little reflection here will suggest one of the most important principles connected with human health, that is to say, out-door air has no carbonic acid gas, hence they who breathe it always revel in glorious health. It will be thus seen that it is an utter impossibility for any one to sleep for a single night in a room with windows and doors closed without inflicting death at its birth to that which otherwise would have given to the body vigor, health and life. And although the mischief is not made apparent by the death of the individual next morning, that mischief is not the less real, although it is less extensive, and its ill results are sooner or later inevitable. The breathing of a vitiated atmosphere, whether in close and small rooms or large and close bedrooms, or in family rooms over cellars without ceilings, whose noisome odors rise incessantly day and night to the upper portions of the building, the fumes from decayed vegetables, barrels, and boxes sodden with dampness which have not seen the light of the sun for years, saying nothing of old bones, rags, brooms and various other things for which the cellar is used as a common receptacle; or whether these miasms and malarias are generated in dirty back yards, or piles of sweepings heaped up under stairs or in closets or dark corners, or from livery stables, or from pig pens, or vegetable markets—we repeat the breathing of such or other vitiated atmosphere does, by an immutable law of

first thought, success will be attained and a well-nigh perfect selection will be made.

THE WORK BAG.—The favorite receptacle for fancy work is not the dressy work-basket, but a dainty silken bag, with a basket bottom and long drawing strings, which can be thrown over the arm. The embroidery paraphernalia must all be of the finest—a gold thimble bearing one's initials, a fancy needle-book, a silver emery and a pair of silver embroidery scissors, a frame or a plush or a brocaded case for embroidery silks, itself a work of art and so eminently useful that it is worthy of description. The square of rich silk is made with a cardboard centre. The lining may be the same silk or plain, interlined with cotton batting, sweet scented and feather stitched on inside edge. The corners fold over, handkerchief fashion, and are fastened with silken cords. There are inside straps, silk-covered and fastened at intervals to cardboard centres, to hold each colored skein in place and prevent them from getting tangled when not in use.

TABLE DECORATIONS.—Since the days when Eve spread her simple feast of tempting fruits before the angel Raphael we, her descendants, have striven to render the mighty name of dinner even more powerful by tasteful table decorations.

We have certainly made huge strides in the matter of taste during the past five decades, when the "festal board" was usually loaded with heavy vases and huge many colored "structures" of tightly compressed flowers. An attempt to gain a glimpse of one's opposite neighbor must have involved probable dislocation of the neck and certain loss of temper.

But we unhappy mortals are obliged to eat, and cannot, like the gods of Olympus, live on ambrosia and nectar, a charmingly economical, though slightly unsatisfying diet. Therefore we should try to make our food as appetizing as possible, and it cannot be denied that dainty surroundings materially assist good cookery.

FLOWERS AND VASES.—The decorative properties of a handsome vase are by no means to be despised. But all flowers do not show to advantage in vases. Others almost require them. Take roses. You cannot find a vase too gorgeous or too fine for them. They can be put even in the ponderous jars that stand shoulder-high on the floor.

But if you have only a few roses it is well to discriminate. You often have a dozen or so, and you are in the habit of putting them all together

in the prettiest vase. But does not the doing this often cause you pain?

One rose is so sadly crushed by the operation. Another has its prettiest side turned away. A third has to part with some of its leaves, may be. And to-morrow all will wilt togetner. It is a disappointing pity.

But try this way. Take the very best rose in the lot and put it in a vase by itself. If you have not a long, narrow-necked rose vase get one when you can. A dollar will buy two small Japanese ones of that kind. A rose is far too fine to hide its beauty and fragrance under a bushel of others.

Very long-stemmed "Jack" roses and American Beauties may be bunched. Their stems are long enough to allow each rose to rear its head proudly aloft to be admired by itself. Round cut-glass rose jars come in for holding a bunch of roses. They can be bought for from thirty-five cents for the small, common glass ones to as many dollars for the big ones in cut-glass.

THE DRESS.

A DAY DRESS.—A day dress for country wear is of electric blue cloth, bordered on the skirt with a black and gold check velvet band, opened on each side with revers of blue over the checked velvet. The waist is held by a black velvet band, and a pelerine of black lace fastened by a broad band of jet adorns the neck of the bodice. In all toilets whether for house or street wear, the sable boa is very much used, and is a great protection from cold in unheated apartments.

One characteristic of the present season is the expensive nature of the materials used in dresses. Velvets, silks and satins are in general use, and some of the smartest dresses are made of moire antique. Mirror velvets are still worn, and are often spotted, while spotted silks and satins are very much to the front. The richest and thickest point lace is in demand for trimmings, and with this go such expensive furs as ermine, sable, beaver and chinchilla. Many very beautiful dresses are made in satin of the rich ordinary kind and the reversible when the two shades serve mutually to enhance each other's effect.

STYLISH JACKET.—Every jacket has immense sleeves and the flaring skirt that gives them a new and entirely different look from those on view last season. The handsomest model in this form was a Parisian fancy in black broadcloth, with six deep tucks in the skirts. The body was tight-fitting and had a beautiful collar of broad tail, a fur which is

almost if not quite as expensive as sealskin, it being the covering of the unborn Persian lamb. The sleeves in this jacket were of eminence purple velvet, full at the shoulders and narrowing down to very slender proportions in the forearm.

STYLISH HAT.—Hats, consisting of a perfectly flat, plate-like piece, mounted on a round band and trimmed with a single upright bow of ribbon that is tied right through the hat itself and stiffly wired, are among the new things. They are stylish, and the more impossibly tall and stiff the bow is and the more the flatness of the hat makes its security a matter of amazement, the more stylish it seems to be.

THE KITCHEN.

CELERY SAUCE.—Cut celery stalks into inch lengths, stew in butter until they are tender. Add a tablespoon of flour, allow it to brown a little, and then pour in half a pint of good broth or beef gravy. Season with a little white pepper and a dash of celery salt.

EGG CUTLETS.—For egg cutlets take four eggs boiled hard ; into a saucepan put one tablespoonful of butter and two tablespoonfuls of flour. Stir over the fire without browning, adding half a pint of milk, one level teaspoonful of salt, half a teaspoonful of pepper and the chopped whites of the eggs, with one tablespoonful of chopped parsley. Make into small cutlets, using for each the unbroken yolk covered with the mixture. Dip in egg and bread crumbs and fry.

ROASTED CHEESE.—Grate three ounces of rich cheese, mix with the yolks of two eggs, four ounces of grated bread, three ounces of butter ; beat all together well in a mortar, with a dessertspoonful of mustard and a little pepper and salt. Toast some bread, cut it into proper pieces, lay the paste as above thick upon them, put into an oven, covered with a dish, till hot through ; remove the dish, and let the cheese brown slightly. Serve as hot as possible.

SCALLOPED POTATOES.—Butter the bottom and sides of a dish. Put in a layer of cold boiled potatoes, sliced, season with pepper, salt and small pieces of butter and dust with flour. Put in another layer of potatoes in the same way, and when the dish is filled cover the top with a layer of cracker crumbs half an inch thick. Pour a cup of cream over the whole, and bake in a moderate oven for half an hour. This may be varied by the use of a seasoning of finely chopped celery or parsley.

BANANA SHORT CAKE.—Cream one-half cup butter, one cup of sugar, stir in one beaten egg, half a cup of milk, two cups of flour and two teaspoonfuls of baking powder. Bake in round or oblong tins. Over one cake spread a pint of whipped cream. Sweeten to taste, into which has been stirred one large banana sliced thin. Lay the other over it and serve very hot.

FRIED CHICKEN.—Clean and cut the chicken the same as for a fricassee. Dredge each piece thickly with salt, pepper and flour. Put three tablespoonfuls of oil or lard in a frying pan; and when very hot, put in the chicken, and fry slowly until it is done. If young (as it should be), it will fry in three-quarters of an hour. Watch it carefully that it may not burn. When done, arrange the pieces on a hot dish. Pour all the fat, but about one tablespoonful, from the frying-pan; then add a tablespoonful of flour, mix and add a half-pint of milk or cream, stir, season with salt and pepper, and pour over the chicken.

HOMINY MUFFINS.—For twelve muffins use one cupful of warm boiled hominy, one cupful of milk, one cupful and a half of flour, one generous teaspoonful of baking powder, half a teaspoonful of salt, one tablespoonful of butter, one teaspoonful of sugar and two eggs. Mix all the dry ingredients and rub them through a sieve. Beat the butter into the hominy and gradually beat in the milk. Beat the eggs till very light. Add the hominy and milk to the dry ingredients and beat well; then add the well beaten eggs. Pour the batter into buttered muffin pans and bake in a rather hot oven for half an hour.

LEAVE TAKING.

Not all have learned the fine art of leave taking in an appropriate manner. When you are about to depart, do so at once, gracefully and politely, and with no dallying. Don't say, "It's about time I was going," and then settle back and talk on aimlessly, for another ten minutes. Some people have just such a tiresome habit. They will even rise and stand about the room in various attitudes, keeping their host also standing, and then by an effort succeed in getting as far as the hall, when a new thought strikes them. They brighten up visibly and stand for some minutes longer, saying nothing of importance, but keeping every one in a restless, nervous state. After the door is opened the prolong leave taking begins, and everybody in general and particular is invited to call. Very likely a last thought strikes the departing

visitor, which his friend must risk a cold to hear to the end. What a relief when the door is finally closed ! There is no need of being offensively abrupt, but when you are ready to go—go.

It may be true that women spend nine-tenths of the money in the world, but the greater part of it goes to buy things for the children and the men.

It is a distinct advance for a man to acquire the ability to say, on occasion, "I can't afford it ;" but he ought to say it just as often to himself as he says it to his wife.

EDITOR'S OUTLOOK.

OUR AIM.

Hall's Journal of Health is designed to answer the precise purpose indicated by its title—to supply a fund of instruction in regard to the laws of the human body, which is nowhere else to be found in popular form. Some of our readers appear to have imbibed the idea, that we hang all our hopes of promoting human health and longevity on a mere reformation in eating and drinking.

We are not disposed to make everything of eating and drinking ; their connection with human health is indeed obvious and important ; but so is that of air, temperature, dress, and the state of mind, affections and passions.

Health is an article of manufacture, and not a gift of Providence, in the sense commonly received.

True, it is a gift of God, just as skill in music or a profound knowledge of mathematics is a gift, *and in no other way*. We do not doubt that some persons inherit a predisposition to certain diseases,—the iniquities of the fathers being thus often visited upon the children unto the third and fourth generation,—still, by obedience to the laws of life, every individual can just as surely improve health—*manufacture it*, even—as improve his mind or heart.

In short, the idea prevails that health is an article of human manufacture, as much so as any mental or moral acquirement—and the world is, prospectively reformed.

In our December issue, we inaugurate our Winter Recreation Bureau and respectfully invite all Health resort hotels to send us their circulars. December first, we will be able to give any information desired of any winter health resort in the world.

LITERARY.

A NEW ILLUSTRATED DICTIONARY OF MEDICINE, BIOLOGY, AND COLLATERAL SCIENCES. P. Blakiston, Son & Co., Philadelphia, Publishers.

Dr. George M. Gould, already well known as the editor of two small Medical Dictionaries, has now about ready an unabridged, exhaustive work of the same

class, upon which he and a corps of able assistants have been uninterruptedly engaged for several years.

The feature that will attract immediate attention is the large number of fine illustrations that have been included, many of which—as for instance, the series of over fifty of the bacteria—have been drawn and engraved especially for the work. Every scientific-minded physician will also be glad to have defined several thousand commonly used terms in biology, chemistry, etc. The chief point, however, upon which the editor relies for the success of his book is the unique epitomization of old and new knowledge. It contains a far larger number of words than any other one volume medical lexicon. It is a new book, not a revision of the older volume. The pronunciation etymology, definition, illustration, and logical groupings of each word are given. There has never been such a gathering of new words from the living literature of the day. It is especially rich in tabular matter, a method of presentation that focuses, as it were, a whole subject so as to be understood at a glance.

The latest method of spelling certain terms, as adopted by various scientific bodies and authorities, have all been included, as well as those words classed as obsolete by some editors, but still used largely in the literature of to-day, and the omission of which in any work aiming to be complete would make it unreliable as an exhaustive work of reference.

The publishers announce that, notwithstanding the large outlay necessary to its production on such an elaborate plan, the price will be no higher than that of the usual medical text-book.

The ATLANTIC MONTHLY for November carries on two serials, Mrs. Cavazza's "The Man from Aidone," and Charles Egbert Craddock's "His Vanished Star," and contains the second paper of Mr. W. F. Apthorp's "Two Modern Classicists in Music." This deals with Otto Dressel, a musician far less widely known than he deserved to be. Immediately following this article, which necessarily insists somewhat upon musical "schools," comes Mr. Owen Wister's paper on "Catholicity in Musical taste," a strong plea for the equal enjoyment of all sorts of good music. Amateurs of music will care especially for these two papers, well timed for the opening of the musical season. Mr. Bradford Torrey, in "Along the Hillsborough" brings to his readers another bit of the bird-lover's Florida. Outdoor and indoor England appear in Miss Alice Brown's "A Pilgrim in Devon," and Sir Edward Strachey's charming "Talk at a Country House," on Books, Tennyson and Maurice. In "Courts of Conciliation in America," Mr. Nicolay Grevstad tells of the grafting of a Scandinavian method of arbitration upon the laws of our own Northwest,—a most significant movement. From Wisconsin, through Mr. H. E. Scudder's "School Libraries," comes a clear showing of what the state can do in the cause of good reading. Ma. Ernest Hart, on "Spectacled Schoolboys," provides the remaining educational paper of the number, unless Miss Emily James Smith's "Hungary Greeklings," an entertaining study of decadent Greek teachers in Rome, be counted in the same class. "The Beautiful Loup-Garou," is a short story by Mrs. Catherwood, and the poems are "Morn after Morn," by Stewart Sterne, and "An Ionian Frieze," by Francis Howard Williams. At the end, as usual, come reviews and the Contributors' Club, Houghton.—Mifflin & Co., Boston.

A magazine is usually satisfied with one strong feature for the month. **THE COSMOPOLITAN**, however, presents for November, no less than five very unusual ones. William Dean Howells' gives the first of the letters of the traveller, who has been visiting this country from Altruria. We have read Mr. Howells' impression of the Altrurian; but in this first letter we have the Altrurian's impressions of New York, with some comments upon our government and society, calculated to awaken the most conservative minds. The second feature of **THE COSMOPOLITAN** is the portion of the magazine given up to color work, no less than ten superb color illustrations being presented for the first time in magazine history, accompanying an article by Mrs. Roger A. Pryor on "Changes in Women's Costumes." The third feature is "American Notes," by Walter Besant, who was recently in America and is doing the United States for **THE COSMOPOLITAN** à la Dickens. The fourth feature is an article by General Badeau, on "The Forms of Invitation Used by the English Nobility." The article is illustrated by the facsimile of cards to the Queen's drawing-room, to dinner at the Princess of Wales, and to many leading houses of England. Finally we have a new and very curious story by Mark Twain, called "The Esquimaux Maiden's Romance." It is in his happiest vein and is illustrated by Dan Beard. The November number presents the work of many artists, among whom are: C. S. Reinhart, Otto Guillonnet, J. H. Harper, G. Hudson, Franz von Lenbach, George Wharton, Edward F. Schuyler Matthews, Dan Beard, W. L. Sontag, Jr., F. G. Atwood, C. Hirschberg J. Habert-Dys, August Franzen, Louis J. Read, J. N. Hutchins and Hamilton Gibson.

McCLURE'S MAGAZINE, for November, opens with a dialogue between Frank R. Stockton and Edith M. Thomas. It is written in one of Miss Thomas's happiest moods, and is as bright as one of Sydney Smith's epigrams. Miss Thomas visits Mr. Stockton at his picturesque home, beyond the foothills of New Jersey, and there, under his own vine and fig tree, introduces us to him. And then we have the rare privilege of listening to two famous literary personages exchanging confidences, and telling how their poems and stories are conceived and written. It is a beautifully illustrated article, and No. 3 in the popular series of **REAL CONVERSATIONS**. There is, by the way, an excellent portrait of Mr. Stockton, which serves as frontispiece to this number.

INCURABLE, A GHETTO TRAGEDY, by that witty, thoughtful London author, I. Zangwill, is one of the most pathetic of short stories. Once begun, this story will be read to the bitter end.

THE HUMAN DOCUMENTS AND BIOGRAPHICAL NOTES in this number of **McCLURE'S MAGAZINE**, every reader will look for and linger over. Conan Doyle is pictured here, as boy and man, five times; here we see R. E. Peary, C. E., U. S. N., the Arctic explorer, at five different ages; Camille Flammarion, the French astronomer and writer, at three interesting periods of his meteoric career; and F. Hopkinson Smith at the age of seventeen, twenty-five, forty-five and to-day. E. J. Edwards writes on President Cleveland. The whole number is a good one.

The Century Co. has bought well nigh the complete literary "out-put" of Mark Twain during his year of residence abroad, and both *The Century* and *St.*

Nicholas will have serial stories by this popular humorist among the attractions of the new year. For *The Century* he has written a novel which is said to abound with humorous and dramatic incident, and in some chapters to be a revelation of tragic power. Its plot includes a most ingenious employment of science in the detection of crime. It is called "Pudd'n'head Wilson," and like "Huckleberry Finn," and "Tom Sawyer," is a story of a Mississippi steamboat town.

For the boy and girl readers of *St. Nicholas*, he has written "Tom Sawyer Abroad," being the adventures of Tom Sawyer, accompanied by Huckleberry Finn and the negro "Jim," in the Eastern hemisphere,—which is not reached in the ordinary way, but, accidentally, as it were, and in a flying machine.

GODEY'S MAGAZINE for December, ready November, 15th, promises to be a most attractive number. Theodora B. Wilson—a writer not unknown to novel readers—has the complete story. It is called "Love Conquers," and is vigorous, healthy, and strong. The illustrations are by Florence K. Upton. Rose Coghlan writes about Personal Requisites of the Stage, an article which all who are interested in the modern drama should read; that popular and graceful writer, Margaret Lemon, tells about "A Flying Trip to Florida;" Forence Hull has a charming short story called "Apple Blossoms;" Olive Thorne Miller writes about "The Dove's Doings," and the poems are by Frank Demster Sherman, Ednah Proctor Clarke, Edward W. Barnard, and others. All the departments are up to their standards and the two exquisite water-color portraits are of Mrs. John Bloodgood, Jr., and Miss Angelica Schuyler Crosby, of New York.

We have received a booklet on EXERCISE FOR PULMONARY INVALIDS, by Charles Denison, A.M., M.D., of Denver, Col., and it is truly a practical little work.

GOOD HOUSEKEEPING, for November, is naturally a Thanksgiving number, and the spirit of the New England anniversary, now adopted throughout the country, pervades a large portion of the contents. Miss Maria Parloa contributes the leading paper, which is devoted to the great national festival; while the serial, "A Noble Girlhood," which has been running during the year, appropriately presents and occurrences with a Thanksgiving flavor. But there is also an abundance of practical matter, relating to all the interests of the household, and this standard magazine was never more valuable or more deservedly popular than now. It promises numerous features of special interest and value for the coming year. Clark W. Bryan Company, Springfield, Mass.

We take great pleasure in announcing to our readers the early publication of a work interesting and valuable to all, THE PARLIAMENT OF RELIGIONS at the Columbian Exposition. Will be issued complete in one large octavo volume, and will be a careful compilation of all of the proceedings—at once a fascinating story and a book of universal value. A narrative of the grandest achievement in modern religious history. The book contains origin of the Parliament of Religions, proceedings of every meeting of the Parliament, speeches delivered and papers read at every session of the noted gathering, the beliefs of the various religious denominations; opinions of eminent divines in regard to the Parlia-

TEN REASONS —FOR USING— DOBBINS ELECTRIC SOAP

The Reason Why	it is <i>best</i> from a sanitary point of view, is because of its absolute purity.
"	it is unscented, is because nothing is used in its manufacture that must be hidden or disguised.
"	it is cheapest to use, is because it is harder and drier than ordinary soap, and does not waste away; also because it is not filled with rosin and clay as make-weights.
"	no boiling of clothes is needed, is because there is no adulteration in it—it being absolutely pure, can do its own work.
"	it leaves clothes washed with it whiter and sweeter than any other soap, is because it contains no adulteration to yellow them.
"	it washes flannels without shrinking, bringing them out soft, white and fleecy, is because it is free from rosin, which hardens, yellows and mats together all woolen fibres, making them harsh and coarse.
"	three bars of it will make a gallon of elegant white soft-soap if simply shaved up and thoroughly dissolved by boiling in a gallon of water, is that it contains pure and costly ingredients found in no other soap.
"	it won't injure the finest lace or the most delicate fabric, is that all these ingredients are harmless.
"	we paid \$50,000 for the formula twenty-five years ago, is that we knew there was no other soap like it.
"	so many millions of women use it is that they have found it to be the best and most economical, and absolutely unchanging in quality.

Ask Your Grocer For It.

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WARSAW SALT BATHS AND SANITARIUM

WARSAW, WYOMING CO., NEW YORK.



These baths are attaining great popularity among those afflicted with rheumatic and nervous troubles, and occupy the same place in popular favor in America that the celebrated salt baths of Nantwich, England, and Kreuznach, Germany, do in Europe. They are the

Strongest Natural Salt Water

baths in America, and analysis of the brine shows it to possess greater medicinal properties than any similarly used in this country. In all respects these baths are equal or superior to their European contemporaries and are INCLUDED WITH REGULAR SANITARIUM TREATMENT of the most approved forms. Not only salt baths, but those of every other nature as well, are administered. The sanitarium buildings are all new, modern, and equipped with every convenience and comfort known to medical science, including hot water heat, elevator, electric bells, and in addition a large swimming pool in detached building, where "sea bathing" can be enjoyed with every surrounding of comfort and safety. Ample recreation grounds, broad and well kept walks, drives, tennis courts, and other out-door amusements are provided on the sanitarium property, which comprises over 100 acres of lawn, forest and glen, prolific in all that is beautiful in nature.

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—THE LOCATION IS SUPERB—

1500 feet above sea level and commanding a magnificent view of Warsaw Valley 150 feet below. Warsaw is on the main line of the Erie Railway, only 45 miles from Buffalo, and on the B. R. & P. Ry., 43 miles distant from Rochester. For anyone in need of medical treatment in lines mentioned, or desirous of true rest and quiet recreation the Warsaw Salt Baths are unexcelled. A beautifully illustrated album of views, descriptive matter and list of exceptional references, including some of America's most prominent people, free for six cents in stamps.

JOHN C. FISHER, M. D., Med. Supt.

Address W. E. MILLER, Gen'l Mgr,
BOX 103, WARSAW, N. Y.

ment; influence of the Parliament upon the religious thought of the world. Published by F. T. Neely, Chicago. 800 pages. Price: Cloth, \$2.50; full sheep, \$4.00.

Taken as a whole, **THE BOOK OF THE FAIR**, by Hubert Howe Bancroft, is probably the best presentation of the Columbian Exposition, historical and descriptive, which has been attempted. The plan is comprehensive, and yet not too extended, the aim being to give the Exposition entire in pictures and print, in one thousand imperial folio pages, that is to say twenty-five parts of forty pages each. By taking the leading exhibits of a class as representative of the whole, giving the rest minor mention, to a greater or less extent, the entire round can be made, and yet the total result be a work not too cumbersome or expensive for the general public to handle and purchase.

The conversation of our oyster supply by Mr. Robert F. Walsh, opens the November **POPULAR SCIENCE MONTHLY**, and is followed by an admirable lecture on evolution and ethics, by Prof. Huxley, of the Sheldonian Theatre, Oxford. In this number appears the concluding half of the Magazine's account of Electricity at the World's Fair. A thoughtful essay appears on the Scientific Method with Children, by Henry L. Clapp.

The periodical always abounds with rich contributions.

A medical directory of the State of Connecticut has been issued by the Danbury Medical Printing Company, of Danbury, Conn. It contains a list of all the medical practitioners in the state, the various medical societies, all the dentists and dental societies, druggists and pharmaceutical societies, nurses and training schools for nurses, hospitals, &c. Price \$1.00, delivered free by post.

One very excellent feature of the **REVIEW OF REVIEWS** is the condensed form in which the chapter under the caption "The Progress of the World," is tersely and briefly written.

These timely paragraphs add an important characteristic to the make-up of this excellent magazine. The November number is enriched by an excellent article by S. G. Thompson, entitled "Possibilities of the Great Northwest."

"The Future of Silver Production," is admirably treated by E. Benjamin Andrews. The number is replete.

The **BLUE AND GRAY**, for October, comes to our table with a new and attractive cover. The number is an interesting one throughout. General Horatio C. King writes on "My Recollections of War Times." "The Union and Confederate Veterans," is treated by Henry Clay Fairman.

Every old soldier should become a subscriber to this thorough patriotic publication.

LIPPINCOTT'S, for November, contains another complete novel by Mrs. Hungerford, entitled "An Unsatisfactory Lover."

No. 9, of **LIPPINCOTT'S** notable stories, entitled "The Rustlers," adds very much to the number. J. Armory Knox writes upon "How the Light Came," and it is an enjoyable contribution.

HALL'S JOURNAL OF HEALTH

HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

VOL. XL. DECEMBER, 1893. No. 12.

PHYSICAL CULTURE, ITS ABUSE IN FOOT-BALL. •

Hurrah for the Blues ! more hurrahs for the Orange. Tigers and Bulldogs have departed !

We know now the blessings of a Thanksgiving-day ; the city of New York has not been painted red entirely ; from the ranks of the well behaved students only fifty-one arrests having been made, and only one captain of a team has been badly hurt. Thank heavens ! the excitement is over for this season. The question arises if foot-ball in its present shape is the athletic game to be recommended by a civilized community. There may be an art to make touchdowns, but the perils to limb and life, and the severe injuries and actual deaths in consequence are so great, that there is a serious doubt whether or not such college fun should be encouraged.

Already five deaths have been reported this fall from accidents while playing foot-ball, one each from New Jersey, Indiana, Ohio, Wisconsin and Connecticut. The two last were caused by a fracture or dislocation of a cervical vertebra and crushing of the spinal cord. One of them occurred near Farmington, Conn. The second took place during a game between the elevens of the Toledo (O.) High School and the Adrian (Mich.) College, which was played at Adrian. A Toledo player, Carew, says the report, "had the ball, and downed to save it. Three Toledo boys dropped to save him, and in an instant the Adrian team was upon them. When the struggle was over, Carew remained motionless upon the ground. Upon examination it was found that his body was paralyzed from the chest down, and his spinal column injured, and he died the next morning without having recovered consciousness. Another member of the Toledo team was kicked in the groin, and injured so badly that he could not return to his home, A third player suffered serious injury to his right leg. William Barton, of Norwood,

is at the Rhode Island Hospital suffering with a broken leg, the result of a scrimmage in a foot-ball game. In a shanty built on a sunken lot, west of Amsterdam avenue and south of One hundred-and-eighth street is the body of George Diehl, a little fellow ten years old, who died last Saturday. It was said that his death had resulted from injuries that he received while playing foot-ball. English newspapers just received mention the death of a foot-ball player in West Hartlepool, "from the effects of injuries received in a foot-ball match, when he was kicked severely in the stomach."

English medical journals every year report a long list of deaths and casualties from foot-ball. A mortality of five, however, is most startling. The question now arises whether half a dozen deaths and hundreds of serious accidents are not too great a penalty to pay for this sport.

The foot-ball games that occur in this city have degenerated into great professional shows, which are made the excuse for unlimited betting, and which end in vulgar carousals. It is quite time for college authorities to interfere.

The object of this article is to emphasize the necessity of physical culture for every body, but particularly for the adolescence as an educational measure, in order to raise the physical standard of the present and following generations. But brutal and dangerous sports must be eliminated from scientific and healthy exercises. The dangers of the other extreme for our children lurk in modern improvements, luxuries, comforts, present fashionable manners and frivolities, forcing children like hot-house plants, which without physical exercise tend to degenerate the individual and thereby the community.

Formerly children were hardened, and seldom had more diseases than measles and perhaps chicken-pox; now the fashionable mother bundles her offspring up almost to suffocation, is afraid of fresh air or a pleasant refreshing breeze, and the consequence is, that every child is expected to have all children diseases, according to the nomenclature of a cyclopedia. There is great danger in the present system, and it is a duty to give a warning, by raising the signal in large letters: Danger! Stop!

The mind can only be developed, if brain force lives in a healthy frame.

WHAT IS PHYSICAL CULTURE?

By physical education is not only meant the development of muscle, but of the entire physique, or material body; but it does more than

this, for it educates the mind and strengthens the morals, because the body and mind are intimately connected, and morals depend largely upon their normal health and vigor.

The objects of physical education must, therefore, be admitted to be a high development of the body, of vigor of mind and moral courage. Ancient Europe practiced physical education to a very large extent; especially was this true in Greece and Italy.

But what are the effects of exercise? Exercise increases both the quantity and quality of muscle, causing it to grow larger, firmer and more powerful. Well worth recollecting is the fact that a good muscular condition once attained is not lost.

It is impossible for the muscles to undergo much development without implicating the bones. Because of the way muscles are attached to the bone, the latter, during exercise, receives an increased blood supply, is better nourished and grows. Of course this adds to the weight and increases the stability of the body. Joints even enlarge quite rapidly during a first course of training.

The advantage derived by the nervous system from exercise, is almost universally underestimated.

Again, all this exercise of and improvement in bone muscle and nerve tissue is not without effect upon the viscera, such for instance as the heart, lungs, stomach, liver and kidneys. Each one is developed with the other parts of the body. Proper systematic exercise is curing many dyspeptics every week. Nervous palpitation of the heart is overcome by exercise, therefore, improves the general condition of the entire body. The actions of the heart and lungs are increased; this causes a better circulation of blood in the different parts of the body and viscera, and thus promotes digestion, and brain and body growth.

The liver is kept active, and bilious attacks are cut short or entirely avoided, as also constipation and the poisonous headaches which are its results.

How absurd is it, to hear nowadays so often, the child is nervous, and then to be dosed with bromides and narcotics; and how many ladies take little liver pills, stuff themselves with blue mass, calomel, and buy the golden remedies and patent medicines, which are largely advertised on fences and in the air in town and country; while systematic physical exercise, and a more regular life would prevent all the bilious and sick headaches from which they suffer.

There are sins of commission and omission. To apply this to the systematic practice of physical culture, we find neglect and abuse. A large percentage of the people ignore and neglect their physical education ; while others abuse it. Some may differ and say that our youths are trained up to the highest perfection, that we have athletic clubs en masse, and of every variety; races are carried on in all branches, and prize fights prove how much the culture of civilization has advanced. This brings us to investigate the present status of physical culture, and to see how far it is abused.

While it is admitted that progress has been made in the development of physical education within the last fifteen years ; let us recite some facts from the years 1851 until the present days.

THE ABUSE.

"Thirty Years in the Metropolis," is a continuous tale in one of our Sunday papers, and in those chapters is more related of New York life, than I dare to tell here, but everything I mention will also be found verified in those columns.

At those times were stationary theatres for every day prize fights of the most brutal character, the last of which was in White street, where a former pugilist of note was the master of ceremony, and admired as a dignitary and hero. Rat pits and pits for dog fights were on our fashionable thoroughfares, where our young gentlemen frequented daily. One of the last in existence was corner Broadway and Thirteenth street. The performances in Harry Hill's Houston street hall were innocent pastimes in comparison to the former mentioned establishments, and it is certainly a sign of progress in civilization that all these places have vanished from publicity.

Nevertheless the training in boxing with gloves is practised up to the present days, and I know that gentlemen in so called good standing present their children as a reward with boxing gloves ; prize fights are arranged with gloves and such shows are better attended than Seidl's classic concerts. The daily newspapers describe such disgusting performances in detail, and the participants are pictured as heroes and champions ; and most of our youths look up to John L. as a divine ; with a desire to be like him.

Now let us inquire into the work of our young people who mean to do physical exercise, and we will find that their working is either in a wrong direction or a downright abuse.

•

In early youth, and even in our schools, they have no systematic physical education, and the calisthenics recently practised in some schools is only an apology for the real. The more advanced scholars have no gymnasium, a course in which should be part of the curriculum of a good school. Even the gymnasium at the West Point Academy is very meagerly equipped, and is located in an unhealthy place on the ground floor, lacking the necessary fresh air and ventilation. The best exercise done by the very few is practised at home with dumb bells and club. Later on our college boys everywhere practise foot-ball. And how proud they are of their achievement, the following paragraph will show, which has been clipped from the *World*, of Tuesday, January 21st, 1889, as follows :—

SOUVENIRS FOR PRINCETON'S ELEVEN.

A number of the Alumni of the Princeton University have had manufactured by Tiffany some beautiful silver match-boxes with an orange and black pennant in enamel, with the word "Champion" across the face, which are to be presented as trophies to the members of the champion foot-ball team at the Princeton dinner, on the night of the 23d inst. That famous game was played here in this city in the presence of thousands of people of good society; some papers say, there were twenty-five thousand spectators. Under these circumstances, the question arises: Is the game of foot-ball to be recommended as an æsthetic pastime in the domain of physical culture.

I say no, and consider it hurtful to health, dangerous to body and even life, and not elevating the mind and morals. For this denunciation of a beloved game, which may now be called the national college game, I offer the following reasons. The game is raw and rough, it does in no way elevate the mind or body, and appears to the uninitiated spectator like a rough and tumble fight in which the players shout, scream, tumble on the ground and often seriously hurt each other.

The game does not develop physical education, but is dangerous to health, life and limb. This is proven by the following references of actual casualties in 1889.

On Thanksgiving, when the greatest game in the records of foot-ball in America was played, one member was so badly hurt, that he had to be carried off in an ambulance.

Casualties that have happened during the season of 1889, recently, are as follows :—

At Princeton five cases, among one a fracture of the leg;
At Yale, eight cases, one eight weeks on crutches, some disfigured;
At Harvard, three cases;
At Cornell, twenty-one cases;
At Lehigh University, six cases;
At Wesleyan, nine cases;

This makes in six colleges fifty-two injuries known, besides many unknown and slighter injuries during one season.

Dr. Leuf relates injuries in the Team of Pennsylvania University (Medical Record, December 1, 1888), and says "These injuries are very common with us in our games of foot-ball."

The Lancet, of November 23rd, 1888, reports a death at Bootle, in England, following a play at foot-ball. The player who lost his life was thrown violently and sustained an injury to the spinal cord. The index of the Lanet for the first half of 1889, shows that there have been sixteen paragraphs relative to the accidents in this athletic sport. These injuries are almost invariably due to *severe direct violence*, and may affect muscles, bones, periosteum, ligaments and aponeuroses. Some are due to over-action and occur spontaneously, that is, without direct external injury.

Some rowing clubs abuse by their action the benefits of physical culture. The club house is used as a place for loafing, and dissipation and idleness; whole day's excursions on the water are made without any other purpose than to kill time, if not worse, and the wardrobe of members in rowing exercise are so scanty and décolleté, that in most communities, they would be arrested and indicted for indecent exposure.

By no means do I condemn "rowing," on the contrary it is a very healthy exercise, and the above remarks are only referable to some who abuse the rowing.

New York City.

ROBERT NEWMAN, M. D.

[TO BE CONTINUED.]

DYSPEPSIA.

Dyspepsia means a difficulty in preparing the food eaten so that the nutriment can be extracted from it to supply the wants of the system.

If food is eaten rapidly, it is swallowed in large pieces and these are dissolved from without inwards by the juices of the stomach, as a lump of ice in a glass of water is dissolved from without inwards.

But this is a slow process, and if protracted beyond four or five hours, the food begins to ferment, to sour, causing belching, weight or heaviness at the pit of the stomach, sourness and a variety of other symptoms with which dyspeptics are very familiar.

One of the causes then of dyspepsia is eating too fast. If a person eats too much, the food remains in the stomach undigested, unmelted, undissolved, because there is not enough gastric juice to reduce it to the proper condition for yielding its nutriment; as so much ice may be put in a glass of water that after awhile it ceases to melt, and the food thus remaining unchanged for an unnatural time, it begins to sour as before, because the person has been eating too much. A man may have dyspepsia for the want of a sufficient amount of gastric juice to digest the food, although a very little food may have been eaten; hence the frequent complaint, "It makes no difference whether I eat much or little; the smallest quantity of anything distresses me." Such a person has dyspepsia in an aggravated form, from having had it for a long time. The limited supply of gastric juice is the result of poor or bad blood.

All the blood of a dyspeptic is bad because the food is imperfectly digested and the blood which it makes is imperfect, hence contains but a small amount of the elements which compose the gastric juice. The always successful remedy is to live out of doors night and day, exercising until a very little tired; then rest, exercise again until very hungry, until hungry enough to feel that plain bread and butter tastes deliciously; take a very small amount, such as by observation causes no discomfort whatever; then go on as before until very hungry again, take a little fresh meat at the next meal and a bit of bread crust; make the next or third meal of the day of berries, grapes, fruit or melons.

Persevering in this way, almost any dyspeptic will find himself getting better and better every day, because every breath of out-door air taken relieves the blood of some of its impurities, and every step, every motion of the hand or arm carries off out of the system, through the pores of the skin or otherwise a greater or less number of impure blood atoms; the

blood being thus relieved of more of its impurities, makes a better quality of gastric juice ; this in turn digests the food more thoroughly, imparting more strength, giving a more vigorous appetite and the man is getting well before he knows it. The gizzard or stomach of a chicken when opened is found to contain grains of corn or wheat and small pebbles. The action of the muscles of the gizzard is to keep the grains of corn and sand in a constant circular motion, causing attrition, the sand being harder than the grains ; hence the action is a kind of grinder ; so with the human stomach. In dyspepsia the muscles of the stomach are too weak to perform this grinding process and the human mill works so slowly that the food begins to decay before it is properly manipulated. All dyspeptics are weak ; every muscle of the body is weak and those of the stomach have their corresponding share of debility ; but they will get stronger inevitably by making better blood, by giving a better digestion in the way above described. Biliousness also causes dyspeptic symptoms.

When a man is bilious, it means that he has an excess of bile or a deficiency of it, which mean the same thing essentially, although it is not known that such a sentiment has ever been expressed in writing or in print. When a man has yellow jaundice he is bilious in the proper sense of the term, meaning that the bile has not been withdrawn from the blood by the natural and healthy action of the liver, as shown by the yellowness of the skin. The blood is then so impregnated with bile, which is of a yellow color, that it tinges the skin and whites of the eyes. In this case there is a torpid liver, a sleepy liver ; it does not act, does not work. But the liver may withdraw the bile from the blood and accumulate it in the gall bladder, where it may be detained, and as a result, the discharges are of a lightish color and are attributed to a deficiency of bile.

Hence excess of bile and deficiency both mean that there is too much bile in the body either in the blood or in the gall bladder.

But the exercise already referred to will purify the blood of any of its unnatural constituents, of every kind of impurity, while careful eating imparts strength to make a better blood. Thus it is seen that whatever may be its symptoms, that is, the feelings, the manifestations to which it may give rise, the thing to be done is to get rid of the bad blood and supply a better in its place. The way to do this is to engage in out-door activities and so select the food as to enable the stomach to act upon it in such a manner that it may yield its nutriment to the system naturally.

HUGH SLEVIN, M. D.

If a folding bed must be used, contrive some way to keep it aired and wholesome.

Let the pillow be high enough to bring the head in a natural position—no more nor less.

Thoroughly air the sleeping-room every day; air the beds and bedding as often as possible.

A dark, out-of-the-way, unwholesome corner is no more fitted for a sleeping room than for a parlor.

A feather bed which has done service for a generation or two is hardly a desirable thing upon which to sleep.

AT THE END OF THE DAY.

When the day has been long and hard; when a sharp pain begins to make itself felt in the busy woman's forehead and a dull ache in the back of her neck; and when she is sure that the only answer to the question as to whether life is worth living is a negative, then there is only one thing for her to do. And that one thing is not to read a cheerful or even a pious book, or to force herself into a pleasant mood. It is this:

First, she must get out of her tight clothes and bunch her hair on the top of her head. Then she must bathe her face for five minutes in the hottest water she can bear. Then her neck must be treated to the same process. She will look like a lobster or a beet, but she should refrain from looking at herself. After that she should lie down flat on her back and give herself up to the single thought of how heavy she is and how the couch supports her.

If she does not fall asleep, as she probably will, she should rise at the end of half an hour of this intellectual enjoyment. She will feel ten years younger. There will be no pain any where, and she will have a cheerful conviction that life is very much worth living. Moreover, the lobster hue will have faded to rose, and she will look as well as she feels.

Nature furnishes without cost the four most efficient disinfectants—sunshine, fresh air, water, and dry earth. With care any house properly constructed may in this clime be kept perfectly clean by the daily use of these powerful agents, which cost not a cent.

Do not worry. Eat three square meals a day. Say your prayers.—*Abraham Lincoln.*

HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

CHARITY BEGINS AT HOME.—We talk a lot about charity—let it begin in our own households. Respond to the missionary work that calls you right under your own roofs. Remember that you should do unto others as you would like to be done by, especially when the thermometer is up in the nineties, and if you wish to regard it as a business transaction you will find that you reap a greater reward in the end from this sort of dealing than by a system of suppression and repression that makes the relation of mistress and maid a most unpleasant one. Kindness to any fellow-being never comes amiss, and even though prompted by motives of selfish interest, the result proves quite as beneficial. Remember this, and either from innate goodness or the thought of better service in the future, show a genuine spirit of humanity to those who are in your employ.

FLOWERS IN THE HOUSE.—A tiny garden can be made by cutting a piece of sheet wadding to fit the top of a bowl or a wide-mouthed jar, which is filled with water just high enough for the bottom of the wadding to touch it. Two or three small bits of charcoal will keep the water pure, and, when all is arranged, the top of the wadding is sprinkled with seeds of mignonette, sweet pea or any other easily grown plant. The roots pierce down through the wadding and are nourished by the water, while leaves and blossoms, in a reasonable time, conceal the top. There is but one flower more beautiful than the morning-glory on the outside of the bay window, and that is a morning-glory trained up on the inside of the window, and in full bloom while the winter storms are raging and the thermometer is below zero. They can be grown with very little trouble.

DECORATED TRASH BASKETS.—Trash baskets have developed a decorative quality which makes them worthy of especial note. Two seen this past week are really striking handsome, and, as they are capacious as well, fill a definite want. One is tall and slender, but still firm upon its base, and is made entirely of heavy leather. The outside shows an embossed design that is in the best of taste and color. For an accompaniment to a library desk nothing better could be desired, and the many women who shortly will be seeking Christmas gifts for their husbands and friends will do well to bear it in mind. The other

is more delicate, both in color and material, and is singularly appropriate for a lady's use. It is made of fine African grass and celluloid, and is dainty as can be, while at the same time it provides ample space.

THE DRESS.

THE LATEST MODES.—Mink will be as popular as ever, both for garments and trimmings. Many fashionable capes and jackets will be made of Persian lamb or black marten.

Cuffs of lace or linen or muslin are again in vogue, the muslin ones being confined to woollen gowns.

Sleeves are enormous, but falling on the shoulders to the huge puff at the elbow. These are called the chatelaine sleeves.

Very pretty bonnets are close-fitting, with the coronet front closely flared back and cut in scallops or points, which are faced with velvet, embroidery, lace or spangles.

YELLOW IN THE DRESS.—A touch of yellow is given to many stylish wool dresses, as a full-pointed vest and piping of corn-yellow bengaline in a green cloth gown, or to brighten a black faille, cloth or satin dress. Chamois vests, collar and cuffs are added to day dresses of plaited or striped wool, with black serpentine braid as a finish. And French taste combines yellow and gray this season, the combination showing among new costumes made with a draped overskirt.

THE KITCHEN.

DISHES FOR EVERYTHING.—There is a bewildering variety of dishes manufactured for special purposes; lovely salad bowls consist of geranium leaves in clouded browns and autumn leaf colors with sprays of pink or scarlet flowers. Charming cool looking and suggestive are the salad sets, the bowl formed of a hollowed head of cabbage; the plates are in the shape of a flat cabbage leaf. Elegant bowls are also of heavy faceted glass. Salad sets are ivory or boxwood forks and spoons, with handles of Dresden china or cut crystal.

SCALLOPED TURKEY.—Chop cold turkey, butter a dish, put a layer of bread crumbs in the bottom, then a layer of oysters; season with bits of butter, salt and pepper, then cover with a layer of turkey. Continue alternating in this way until the dish is full, having the last layer of crumbs. Pour over the whole a cream sauce made of one tablespoonful of butter, the same amount of flour and a cupful of cream or rich milk. Cover closely and bake in a moderate oven twenty minutes.

CRANBERRY SAUCE.—Wash and pick over one quart of selected

cranberries, put them in a porcelain-lined stew-pan with half a pint of cold water and half a pound of granulated sugar. Boil for twenty minutes; stirring the berries as little as possible, in order that they may keep their shape. When cool the liquid will form a jelly about them.

CUSTARD PIE.—Beat two eggs without separating, add two teaspoonfuls of sugar, a pinch of salt and a little nutmeg. Scald two cups of creamy milk and pour on the eggs, stirring all the while. Strain into a deep pie-plate lined with paste. Bake slowly in a moderate oven, watching carefully. As soon as it puffs slightly on top and a knife blade comes out clean when run into the custard, it is done. The success of both custard and cream pies lies in the baking, as too long baking makes them watery.

LAMB À LA FRANÇAISE.—Put a leg of mutton in a kettle. Add, in a muslin bag, one small turnip, a few celery leaves, three sprays of marjoram and savory, four cloves and twelve allspice. Add two quarts of boiling water. Skim carefully. Simmer four hours. Add four large tablespoonfuls of flour smothered in water, salt, and a speck of cayenne. Take out the lamb and bag, skim and boil rapidly for ten minutes.

RYE BREAD.—Pour boiling water on rye flour or rye meal and mix into a stiff dough; make it into loaves about three inches in diameter, or cut into squares or rolls and bake in a hot oven.

ASBESTOS MATS.—One of the new kitchen improvements is a fire-proof mat to put on the table under a hot pot or kettle, a flat iron or an active gas-stove. These mats are about the size of a stove cover; they are made of asbestos, which is fire-proof; they are not much heavier than a dinner plate, and they sell at 7 and 10 cents each.

NEW ENGLAND PUDDING.—Heat three pints of milk to boiling and pour it over half a pint of yellow Indian meal salted with one tablespoonful of salt. Stir this very carefully, wetting it gradually so that there will be no lumps. Return it to the double boiler and cook slowly for forty minutes, with frequent stirrings. Stir in this butter the size of an egg, a cupful of molasses, one teaspoonful of ginger and one of mixed cinnamon and mace; remove from the fire, heat hard and add slowly four well-whipped eggs and one cupful of seeded raisins. Butter a pudding dish, turn in the mixture and bake half an hour; stir it from the bottom and finish the baking by browning nicely. Make a sauce with one cupful of powdered sugar, one tablespoonful of butter and one beaten egg; flavor with nutmeg.

EDITORIAL OUTLOOK.

HUB ME.

Passing along Broadway some time ago, the vehicle was arrested by some slight obstruction and the horses were not quite able to start it; the driver saw at once that but a very little aid was needed, and, turning to another Jehu who was coming behind him, said, "*Hub me, shipmate.*" The other saw as instantly what was required and without a moment's hesitation so guided his own horses as to make the hub of his own wagon strike lightly against that of the other, and each giving his own animals a touch of the whip, both vehicles moved on almost as easily as if nothing had happened.

How many times in the great Broadway of life might men "hub" one another without incommoding themselves! A friendly act done, an obligation incurred, some future act of kindness provoked, at the expense of a word or only a single moment's time. The most of us regard truck and express drivers as rather rough specimens of humanity; but ever since the incident just related, we have seen a moral beauty in the odd expression, "*HUB ME, SHIPMATE.*" When a man takes a newspaper or a periodical, he usually becomes attached to it, begins to feel that its editor is his friend; and as often as the publication comes, he derives from the work of its editor some interesting item of news, some amusing statement or some profitable idea or suggestion. This is repeated a dozen, fifty or hundreds of times a year, for which the dollar or two, or five of subscription price is not the shadow of a compensation singly. Under the circumstances, then, we appeal to each reader of this editorial in behalf of any publication which he receives, to help it to a new subscriber, as often as an opportunity is afforded, by a single word of approbation or solicitation. There are many persons who have so much of the milk of human kindness in them, that they would take a paper rather than refuse; and for that courtesy you have chances of doing them a service just in proportion to the real worth of the publication commended. To each present subscriber of our Journal we venture the appeal, with some confidence.

"*HUB ME, SHIPMATE.*"

We are to have a limited number of the 1893 Journals handsomely bound in cloth binding, which we offer at the low price one dollar and forty cents each. Send in your orders at once.

LITERARY.

With the December number McCLURE'S MAGAZINE begins its second volume, and, by the character of its contents, renews the promise, so amply kept in the first volume, of being a magazine, not to buy and lay by for a day of future reference that never comes, but to buy and read—read at once, read without stopping. An account by Mr. Arthur Warren of a visit to Archdeacon Farrar, embracing

much interesting talk by the Archdeacon on his acquaintance with Tennyson and other eminent men, on his work, and on Westminster Abbey, and richly illustrated, opens the number. Professor Henry Drummond relates the history of the founding and progress of the Boys' Brigade, an organization which is making a new earth for the street Arab and other untended, or half-tended boys. The article of sharpest present interest, perhaps, is a discriminating and sympathetic study of the character and career of Governor William McKinley, by E. Jay Edwards. Charles A. Dana, the distinguished editor of the "New York Sun," provides a particularly interesting travel sketch in some notes on a journey he lately made to Jerusalem: Nearly every article is copiously illustrated, but of a special value are a group of portraits of Tennyson and his friends—among them Sir John Herschel, Browning, Charles Darwin and Carlyle—reproduced from the famous negatives of Mrs. Julia Margaret Cameron. The last of the Sherlock Holmes stories by Conan Doyle, an Arkansas Christmas story by Octave Thanet, and a new story of the seen and unseen by Mrs. Oliphant, give special distinction to the fiction of the number. In the novel department of "Human Documents," portraits are given of the Honorable Whitelaw Reid, William T. Stead, and Governor William McKinley, from boyhood to the present time.

A Japanese pupil of Mr. Lafcadio Hearn has asked him in horror and amazement how it is that the strange subjects of love and marriage are so freely treated in English novels. This gives Mr. Hearn occasion to tell in his article, "Of the Eternal Feminine," in the December ATLANTIC, how different a place women occupy in Japan and in America or Europe. Equally noteworthy is Mr. F. B. Sanborn's article on "Thoreau and his English Friend Thomas Cholmondeley." The paper is made up mainly of letters between a young Englishman of no common character and the naturalist and philosopher whose name is coming more and more to be coupled, like Emerson's and Hawthorne's, with Concord in its best days. Mrs. Wiggin provides the short story of the number in "Tom o' the Blueberry Plains," a pathetic sketch of New England life. Mrs. Cavazza's story, "The Man from Aidone," has its third, last, and most effective part. Charles Egbert Craddock continues "Vanished Star." Studies of nature are nearly always expected in THE ATLANTIC, and from Mr. Bradford Torrey and Mr. Frank Bolles the readers of the magazine have learned to expect very charming papers. Such, indeed, are "In the Flat Woods," by Mr. Torrey, and "Birds at Yule-Tide," by Mr. Bolles. To these are added the vivid pictures of Mr. Hamlin Garland's "Western Landscapes." An unsigned paper, "Ideal Transit," suggests, half whimsically, a pleasant solution of all the difficulties of travel. Professor Woodrow Wilson, in "Mere Literature," makes a plea for the study of books not as subjects of scientific inquiry. "Democracy in America," by Professor Francis Newton Thorpe, is of interest particularly to students of our social history. "The Blazing Heart," a poem by Mrs. Alice Williams Brotherton, and the usual departments, fill out this strong concluding number of THE ATLANTIC's one hundred and thirty-fourth volume.—Houghton, Mifflin & Co., Boston.

The illustrated articles are an important feature in the December **POPULAR SCIENCE MONTHLY**. The number opens with an account by President Jordan, of Stanford University, of the behavior of a South Sea monkey in the various surroundings of human civilization. It is called the "Story of Bob," and is a delightful mixture of scientific observation and comical incident. Several of Bob's most interesting feats are shown in pictures. The "Modern War Vessels of the United States Navy" are described by W. A. Dobson, their means of defense and offense being fully explained. The article is illustrated with views of the cruiser New York, the monitor Miantonomoh, and other typical vessels. Another copiously illustrated article is "The Fruit Industry in California," by Charles Howard Shinn, the pictures comprising views of orchards, specimen trees and branches of fruit. Prof. G. H. Perkins contributes a paper on "The Calumet in the Champlain Valley," in which thirteen forms of Indian pipes are figured. Prof. Huxley's Romanes lecture on "Evolution and Ethics" is concluded in this number, and is followed by a critical letter from Robert Mathews. This lecture also furnishes Leslie Stephen, with a text for a discussion of "Ethics and the Struggle for Existence." Prof. Warren Upham tells what answers are given to the question, "How Old is the Earth?" Miss Abby L. Alger contributes a myth of "The Creation," told to her by a Penobscot Indian. The results of some of Lombroso's recent researches upon "Criminal Woman," are set forth by Miss Helen Zimmern. "Sir Daniel Wilson" is the subject of the usual "Portrait and Sketch," the latter being furnished by Horatio Hale.

Volume I. of the two-volume edition of the Funk & Wagnalls Standard Dictionary of the English language, will be issued on December 16th. This volume has been four years in making; two hundred and thirty-eight editors and specialists have been employed upon it; and the cash outlay has been about a half million dollars. The advance orders for the work mount up into the tens of thousands.

The following letter was received by the publishers from a well known gentleman prominently identified with the late World's Fair at Chicago:

Mines and Mining Building, Jackson Park, Ill. Messrs. FUNK & WAGNALLS:

Gentlemen: I am pleased to inform you that the Standard Dictionary has been granted an award (diploma and medal) in group No. 150. The exact wording of all the awards will not be announced for probably three or four weeks.

The vocabulary of the Standard Dictionary is extraordinarily rich and full, that of no other dictionary nearly equaling it, although great care was taken to throw out all useless words.

The complete novel in the December number of LIPPINCOTT'S is "Sergeant Croesus," by Captain Charles King. It is one of his most interesting tales of army life and Indian fighting in the wild West, and makes a new departure in having a private and a foreigner for its hero.

The tenth and last of Lippincott's Notable Stories, "When Hester Came," will be found to be one of the very best, as it is the longest, of the series. It is

by an entirely new and very promising writer, Mrs. Bride Neill Taylor, of Texas.

Another story of marked power, at once striking delicate and pathetic, is "In the Camp of Phillistia," by Virginia Woodward Cloud. "A Dream in the Morning," by Alice Brown, is a brief and beautiful sketch of a soul's undying devotion in the future life.

The Journalist Series is continued in "A Newspaper Sensation," by Louis N. Megargee, who tells of "a clever capture" which greatly discouraged grave robbing in a certain region. The facts will be remembered by many.

The World's Fair will not be permitted to live only in the memories of those who saw it, and in the files of newspapers. The Bancroft Company, Auditorium Building, Chicago, have in preparation what they call **THE BOOK OF THE FAIR**, which will be a permanent and illustrated chronicle of the exhibits. The text is by Hubert Howe Bancroft, and the illustrations profuse. As pointed out in the preface, the exhibition of 1851 was contained in a single edifice of one million square feet, while the space occupied at the World's Fair of to-day is eight or ten times as great.

Those who desire to engage in the lucrative occupation of canvassing for the Book of the Fair should communicate with Rhule, Thomas & Co., 24 Park Place, New York city.

The multiplicity and excellence of other magazines, far from lessening the usefulness of the **REVIEW OF REVIEWS**, makes this unique periodical more and more a necessity. Its indexes, condensations of leading articles, classified lists of new books, and general survey of things, written things said, and things done during the month preceding its issue, would suffice to keep the busy reader in touch with the current of life and thought, even if he were able to read nothing else. The December number is as full of variety and freshness as its predecessors have regularly been; and to those who know the **REVIEW OF REVIEWS** this is a sufficient commendation.

THE HOME JOURNAL is the exponent of that literary and art culture which gives grace and refinement to social intercourse—a society journal in the best sense of the term. Out-of-town readers will find the best life of the metropolis reflected in its pages. It is an international journal and by its foreign correspondence and essays brings its readers *en rapport* with the social life of the great European centres. **THE HOME JOURNAL** addresses its editorial and advertising columns to people of culture and fashion. It is essentially a paper for the home, a home journal, and the only **HOME JOURNAL**.

A Merry Christmas for you and yours, will be greatly enhanced if you get a copy of the December issue of **TABLE TALK**. It is full of suggestions to help you in your preparations for this holiday season, in the way of menus, recipes, all foods and decorations, popular at this time. Be sure you see this number. It is published by Table Talk Publishing Co., Philadelphia, at \$1.00 a year or 10 cents a copy.

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covers the tender period of growth when the body must have materials for healthy flesh and bone development. Otherwise the child will be thin, narrow-chested and weak.

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the Cream of Cod-liver Oil and Hypophosphites of Lime and Soda, is a palatable, easy food for growing children. It gives them healthy flesh, solid bones and glowing health *Physicians, the world over endorse it.*

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GENERAL NOTES.

Walter Baker & Co., Dorchester, Mass., have received from the Judges of the World's Columbian Exposition one of the highest awards on each of the following named articles contained in their exhibit: Breakfast Cocoa, No. 1 Chocolate, German Sweet Chocolate, Vanilla Chocolate, Cocoa Butter.

The Judges state in their report that these products are characterized by excellent flavor, purity of material employed, and uniform even composition, indicating great care in point of mechanical preparation.

There is one live American who has the credit over his European friends of bringing to the surface of science, a long looked-for event, but only recently accomplished. It is that of applying the famous Australian Electro Pill remedy in a similar form to electricity for certain diseases. It seems to act upon the nervous system similar to the electro current, in which kidney, liver and stomach trouble and sympathetic diseases yield at once to its subtle healing powers. The manufacturer of this remedy has kindly offered to mail each of our readers seven days treatment free of charge, if you kindly name HALL'S JOURNAL OF HEALTH, and address Dr. E. J. Worst, Ashland, O.

The human body is composed of a grand aggregation of animal molecules that prey upon each other. Fermentation of food in the stomach is, and in fact nearly all bodily disorders are caused by microbes warring upon each other; this is the microbean theory of disease. All high class animal and vegetable foods contain thousands of such microbes; only low order of animal food, such as clams or oysters, being free from them. So in all stomach troubles, use Burnham's Clam Bouillon. It goes back to first principles. All druggists and grocers.

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If you are a sufferer of Piles, or desire to stop the filthy habit of tobacco chewing, you should not hesitate to put yourself in communication with Dr. J. W. Chiles, Dixon, Ill.

Prof. G. Birkholz, of Chicago, who has an office in New York, at 2 West Fourteenth street, pays particular attention to the subject of bald heads and their cure.

Look for his advertisement in this issue of the JOURNAL.



If you will write to the above physician, whom this cut represents, about any disease, especially any form of Rheumatism, Eczema, Scrofula, Ulcers or Blood Affections, Nervousness or Weakness in man, woman or child, you will receive a reply I am sure you will never regret, and may be the result of your everlasting happiness. Through correspondence I am curing hundreds who have never been able to find relief before,
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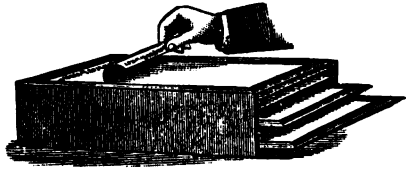
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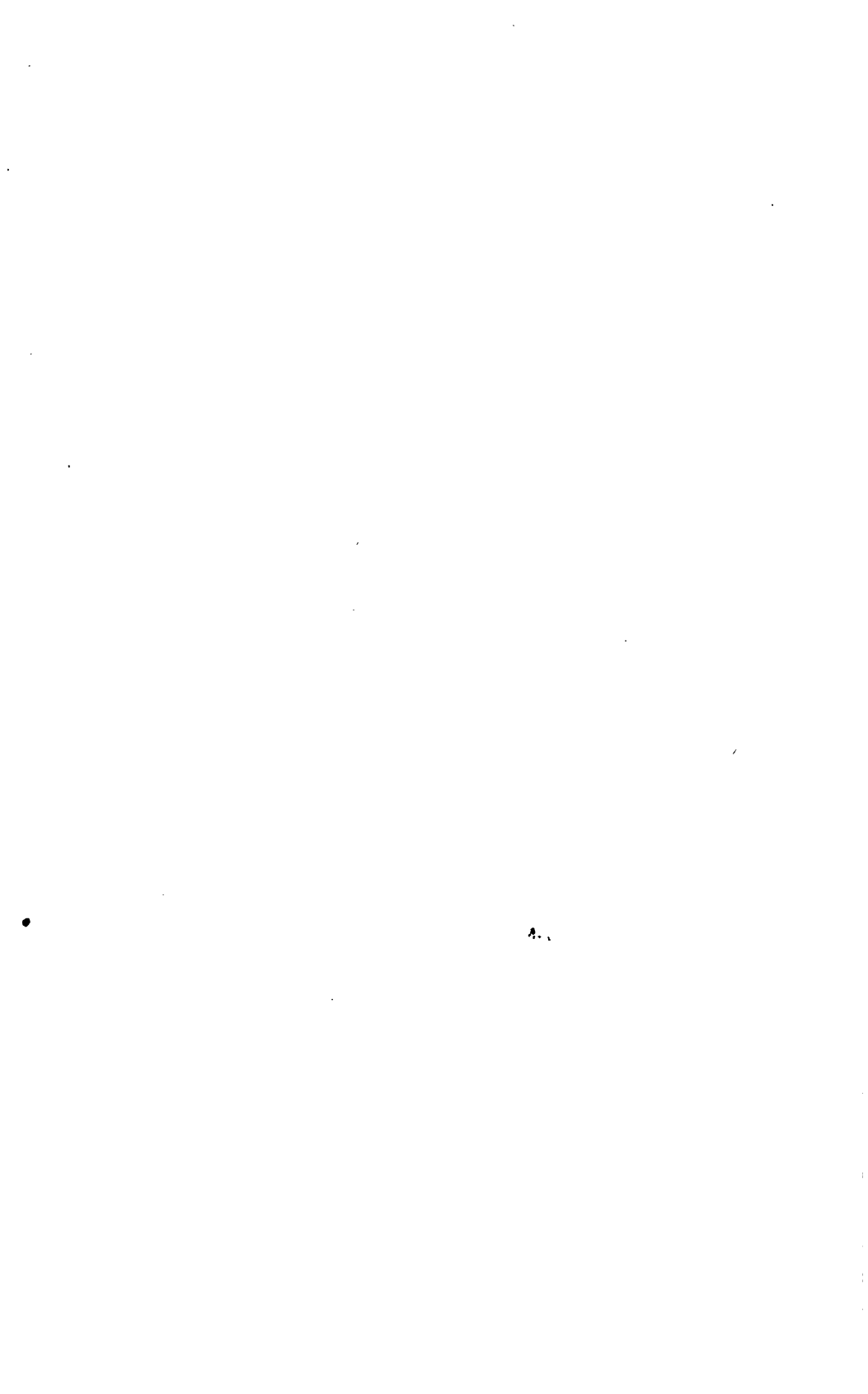
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